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IKEA location confirmed

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McCanns criticise release of information to UK media

The parents of missing British toddler Madeleine McCann have hit out at the release of previously unseen documents by Portuguese authorities relating to the investigation into the disappearance of their daughter. (See Page 4)

New record for number of cruise-ship visitors

Last year cruise ships brought a record-breaking number of passengers to Portugal, setting a new high after more than 940,000 tourists disembarked from their liners at a Portuguese port. (See Page 7)

Algarve to build eight more five-star hotels

Eight new five-star hotels are set to open this year in the Algarve, which currently has 15 five-star units, representing a global investment of more than €500 million. (See Page 17)

Portugal Open dates switched to June

The European Tour announced this week that the Estoril Open de Portugal will not be returning to the Penha Longa Hotel from April 1-4, instead, the event has now been slotted in to take place from June 10 to June 13. (See Page 56)

Weekend weather

Lisbon: Blue skies will finally make a relatively permanent return in the coming days, with moderate temperatures set to dominate. **Faro:** The Algarve will also start getting used to bluer skies this week, though thermometers will still struggle to reach the high teens. **Oporto:** The North will once again be the place to be this weekend, as no rain is expected and will be able to boast temperatures in excess of 20° Celsius. However, some rain is forecast for Monday.



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International financial community comes out in support of moves to reign in Portugal's debt

GOV'T MEASURES WELCOMED

Full story, see p.2

Prime Minister José Sócrates followed by Finance Minister Teixeira dos Santos on their way to unveil a wide range of austerity measures aimed at reigning in the country's spiralling budget deficit. (Photo: Lusa/José Sena Goulão)



THE PORTUGAL
News



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Contacts

Postal Address: Apt 13 • 8401-901 • Lagoa
Courier: Rua Município de S. Domingos • Urb. Lagoa Sol • Lote 3 r/c • 8400-415 Lagoa
Tel: 707 500 655 (+351 282 341 100)
Newsdesk: 707 500 655 (+351 282 380 313)
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Fax: Gen 707 941 201 (+351 282 341 201)
Fax: Sales: 707 942 053 (+351 282 352 053)
Email: info@theportugalnews.com
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Production

Publisher: Paul Luckman • publisher@theportugalnews.com
Editor: Brendan de Beer • newsdesk@theportugalnews.com
Production: Madeline Luckman • copy@theportugalnews.com
Journalists: Carrie-Marie Bratley • Tommy Broad
Classifieds: Rebecca Andrade
Paws & Claws: Raquel Salbany
Travel: Sherry Hughes
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Sales Team



Sales Manager:
Bella Talhadas
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Debbie Santos
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Support

Accounts: Gaby Rodrigues
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TAP pilots schedule imminent six-day strike

TAP pilots have pledged to hold a six-day strike this month, according to the union for Civil Aviation Pilots (SPAC), through guaranteeing the strike would not affect flights to Madeira.

An official pre-warning will be issued within three days and it has been confirmed that they will be protesting from 26th to 31st March.

SPAC has also said its directors were going to "reject the adminis-

trative proposal regarding pilot productivity bonuses for being objectively insufficient, imbalanced, and discriminatory towards TAP pilots in comparison to the other many employees".

During an assembly, the pilots

accused TAP airlines' administration of "unsuccessfully trying to intimidate pilots through lawsuits they instigated against the unions management".

The union believes the negotiations have failed as a result of

"the fact that TAP's administration has played down, in an unacceptable manner, numerous concessions it has asked SPAC to make, to reduce operational costs and increase pilot productivity".



TAP CEO Fernando Pinto during an interview with Lusa Agency in Lisbon on 9th March. (Photo: Lusa / Mário Cruz)

Gov't measures welcomed



Prime Minister José Sócrates was this week the recipient of unprecedented praise as he unveiled a host of measures to quell fears Portugal could follow in Greece's footsteps and further undermine confidence in the financial stability of the Euro Zone and its members.

International markets and respected financial bodies have come out in unexpected support of a wide range of austerity measures announced by the Government to cut its spiralling debt.

A hugely successful bond issue on Wednesday, where demand for Portuguese Government bonds far exceeded the supply, was the first sign that international markets were unperturbed over recent concerns for the country's mid and long-term financial stability.

Portugal raised close to a billion euros from the sale of its bonds after initially hoping to rake in only around two-thirds that figure.

Meanwhile, the Finance Minister has said he expects state coffers to receive an additional six billion euros from planned sales of state-owned companies and said these revenues will help control public debt.

Teixeira dos Santos also said net revenues of €960 million from the wave of upcoming privatisations would reduce state debt from 90.1 percent of GDP in 2012 to 89.3 percent of GDP in 2013.

A further indication of growing confidence in Portugal's economy and measures being implemented by its Government,

came on Wednesday in a statement of support issued by the Organisation for Economic Co-operation and Development (OECD).

Expenditure restraint and fiscal strategies released by Portugal to bring the budget deficit below three percent by 2013 (from a figure of 9.3 percent in 2009) were welcomed by OECD Secretary-General, Angel Gurría.

"Efforts to make the tax system more broad-based and to minimise any negative impact of fiscal consolidation on potential economic growth are welcome.

"The OECD welcomes the authorities' consolidation strategy, which goes in the direction of maintaining market confidence, supporting growth and ensuring fiscal sustainability" Mr Gurría said on Wednesday, concluding: "The OECD stands ready to support the Portuguese authorities in their efforts."

Amongst measures announced this week by the Government, are expenditure restraint, which is planned to be most prominent in the areas of public investment, personnel management and compensation, and social transfers, other than pensions and unemployment benefits.

Measures will also be intro-

duced to raise revenue including some broadening of social security contributions and personal income tax, while maintaining current rates.

Another belt-tightening move is the two-year delay of the high-speed rail link between Lisbon to northern Oporto and the Spanish city of Vigo, and to push the retirement age of civil servants up to 65 from its current figure of 63.

Tax rebates will also be slashed, the Finance Ministry has said.

The Prime Minister has spent the past week locked in talks with political parties, regional authorities, trade unions and bosses as he sought to gain consensus on his cabinet's Stability and Growth Programme.

"I am sure everyone will act responsibly so Portugal can defend its economic credibility, confidence in our economy, and the conditions for financing our economy", José Sócrates was quoted as saying by the Lusa News Agency after these sometimes contentious meetings.

He refuted criticism that the Programme was too soft, saying that Portugal was one of the few Euro Zone countries which has undertaken to reduce its budget deficit in 2010.

"The Government will con-

centrate on reducing state spending, a task which is probably the most difficult and demanding", he said, adding that it would be easier to raise taxes, but that such an option would "harm our economy".

The belt-tightening plan will be tabled for approval by Parliament in just under a fortnight.

While the ruling-Socialists are a minority in the House, the Social Democrats and the Christian Democrats have both indicated they were willing to abstain from voting in order to ensure the passing of the Stability and Growth Programme.

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Location confirmed for €200m IKEA store

After months of speculation, the exact location of the new IKEA store that is set to take shape in Loulé was confirmed this week. By 2015 the store should be up and running, by the Loulé/Faro junction.

IKEA's expansion director for Portugal, António Machado, in comments to the Lusa News Agency, confirmed the store's location and said that the approximate €200 million investment would also directly create around 3,000 jobs.

Catering for the residents of the Algarve, lower Alentejo and Spanish border areas, the Inter IKEA shopping centre project covers 120,000 square metres.

The Swedish furniture giants have already purchased 40 hectares of land in Loulé on which to build its main store and shopping centre, which will also comprise a cinema, restaurants and entertainment.

In January, environmental agency Quercus accused IKEA of intending to build its Algarve outlet on protected RAN-classified land and appealed to CCDR/Algarve to "defend land ordaining

and planning."

But the CCDR is a firm backer of the project.

"It is in the interest of the CCDR to capture investment for the region, primarily when it creates employment so long as it is compatible with the territorial model defined in the 'Prot Algarve' regional territorial plan", the Commission said last year when news of the store was first confirmed.

Loulé Town Hall has in the past said it would only accept the best offers when it came to building shopping areas in the Algarve's wealthiest city.

"We will not accept the first request to build a shopping centre that comes our way. But we will definitely have a major centre in Loulé in the foreseeable future", Loulé Mayor Seruca Emídio told *The Portugal News* two years ago when questioned

over rumours a major group was buying up land in the council.

António Machado further guaranteed that the land of the now confirmed location "does not entail any environmental issues of importance".

"We are in the initial phase of the project. Today we chose the location for our investment which will take shape near the Loulé/Faro junction. This was the most suitable location for the project in terms of accessibility, visibility, and within criteria that has been defined by the local authorities", he explained.

By 2015 IKEA will have invested 1.1 billion in Portugal and is expected to create up to 10,000 jobs, significantly higher figures than were originally announced in 2008, when the Group said it would be investing €660 million in Portugal.

António Machado revealed, "We want to open a total of seven IKEA stores in Portugal, plus three more shopping centres, 'Mar Shopping' in Matosinhos, the Regional Shopping Centre in the Algarve, a retail park in Gaia, and have three more Swedwood factories, which is an IKEA subgroup that manufactures furniture, up and running by the end of the year".



IKEA flags at an IKEA store in Frankfurt, 27 June 2008. (Photo: EPA/Mauritz Antin)

Portimão worst affected in country by tourism slump

Portimão was the city that was the worst affected by the slashing of hotel room prices to compensate for the poor tourism turnout in the whole of Portugal, with a drop of 49 percent in 2009, resulting in an average price of just €62 per night.

Therefore, according to the worldwide Hotel Price Index - Hotels.com, Portimão was the Portuguese city that most dropped its prices and was dramatically below the national average of 15 percent.

Of that region, only Alvor showed a rise in average prices charged by hotels per night and was in fact the only location in the entire country to do so.

Alvor's two percent rise saw average room prices rise from

€109 per room, per night in 2008, to €111 in 2009.

Regarding the highest fees, rooms were most expensive in Cascais, at an average €137 per night, despite having dropped by 12 percent in comparison to the year before.

Globally, average hotel prices in Portugal last year were of around €82, 15 percent lower than the €96 charged the year before, being the fifth cheapest country in Europe.

Pot-hole damaged cars costing Lisbon thousands in compensation

Drivers claiming compensation from Lisbon Town Hall for damage caused to their cars by pot-holes found on roads throughout the municipality are costing the council an average of 60,000

every year. Because of this Lisbon council is now proposing to invest some €8.8 million in repairing and resurfacing 280 municipal roads. The number of people making claims rose from 470 in 2008

to 796 in 2009. Two years earlier, in 2006, 716 claims were made though subsequently fell in 2007 to 486.

Extensive works are planned to commence next year and should protect the city's roads from deteriorating for a period of at least 15 years.

In related news, the cash-strapped German municipality of Niederrimmern is selling locals the right to contribute towards their roads' repair by 'sponsoring' a pothole for €50 each. In return, the owner of the patched-up surface will see the spot engraved with their name.

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McCanns criticise release of information to UK media



The parents of missing British toddler Madeleine McCann have hit out at the release of previously unseen documents by Portuguese authorities relating to the investigation into the disappearance of their daughter. The couple further believe making public certain information could hamper the search for Madeleine.

Last week, the Public Prosecutor in Portugal (Portimão) decided to release a large number of files relating to Madeleine McCann to a group of British tabloids, following their request for access.

According to Kate and Gerry McCann, "Disclosing such infor-

mation publicly greatly jeopardises the search for Madeleine and puts witnesses and innocent members of the general public at risk (as well as causing them great anxiety). Release and publication of information in this manner also potentially compromises future investigations. It is difficult to see

how anyone benefits from this week's actions."

The couple further called on Portuguese authorities to take responsibility for sensitive and confidential information. "We, together with the general public, need assurances that this will not be allowed to happen again", the McCanns said in a statement, adding: "Equally, we need absolute assurances that all credible

information and leads will be investigated."

Madeleine McCann went missing from her holiday apartment in Praia da Luz in May 2007 shortly before her fourth birthday, sparking a worldwide search which gradually died down after her parents were declared "arquidos" or persons of interest by detectives investigating her disappearance.



Kate McCann walks along Woodgate in the centre of Rothley in Leicestershire on 18 February 2010 with her two children, twins Sean and Amelie. (Photo: EPA/Lee Sanders)

EC acts to ensure fair trial rights in the EU

From the Italian tourist involved in a traffic accident in Sweden who was not allowed to talk to an Italian-speaking lawyer during his trial, to the Polish suspect who could not see written translations of evidence used against him in a French court – unexpected barriers can lead to

unfair convictions during judicial proceedings in other EU countries.

Due to these issues, the European Commission has this week proposed legislation that will help people exercise their fair trial rights anywhere in the EU when they cannot understand the lan-

guage of the case.

EU countries would be obliged to provide full interpretation and translation services to suspects. It is the first step in a series of measures to set common EU standards in criminal cases.

"We are taking a first important step towards a Europe where

justice knows no borders. Nobody in the EU should ever feel that their rights and their protections are weakened simply because they are not in their home countries," said Vice-President Viviane Reding, the EU's Commissioner for Justice, Fundamental Rights and Citizenship.

NEWS IN BRIEF

DEA to open Portugal drugs office

Washington's Drug Enforcement Administration (DEA) will open an office in Portugal this year, the US State Department announced at the weekend. It said the move came as the use of Portugal by traffickers to introduce cocaine into Europe was on the decline with the rise of West Africa as a transportation hub for moving the drug from South America. "Once more, Portugal registered a significant decline in the amount of cocaine seized as the shipments to Europe are increasingly channelled through African nations instead of North Atlantic routes", the State Department said in a report referring to last year.

Portuguese town halls to help prep first local Bissau elections

The head of Portugal's national association of town halls signed a cooperation agreement with Guinea-Bissau last Friday to provide the West African country with help in preparing its first local government elections. Fernando Ruas inked the agreement with the Guinean Territorial Administration Ministry in Bissau with a focus on aiding preparation of related legislation and the training of local government staff. Bissau has yet to set a date for its first-ever local elections.

President sends Turkey quake message

President Cavaco Silva of Portugal sent a condolence message on Monday to Turkish counterpart Abdullah Gul following an earthquake which struck the province of Elazig killing dozens of people. "Having just been informed of the tragic effects of the earthquake (...) I want to send you and the Turkish people, in the name of the Portuguese people and myself, feelings of deepest regret."

No national tennis players in world top 100

Frederico Gil, Portugal's all-time highest ranked tennis player, remains in 104th spot in the latest world ratings. Gil broke into the men's tennis top 100 last year to claim 66th position. Michele Brito is Portugal's best woman player in 116th place. Brito reached 67th spot in the global rankings in July 2009.

CPLP parliament speakers meet in Lisbon

The speakers of the Lusophone bloc's eight parliaments concluded a three-day meeting in Lisbon this week to discuss the international financial and economic crisis. The eight speakers visited the CPLP headquarters in Lisbon before beginning their discussions at the Portuguese legislature's São Bento Palace. The network of CPLP women lawmakers and the secretary-generals of the eight parliaments also held parallel meetings on the sidelines of the Parliamentary Assembly. Founded in 1996, the CPLP joins Portugal and Brazil to Lisbon's five former African colonies, including Angola and Mozambique, and East Timor. TPN/Lusa

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Guess what? It was a wet February, says Met Office



Residents from the Ribeiro do Porto area after heavy rainfall caused a rise in the river level and subsequent flooding on February 28th. (Photo: Lusa / Estela Silva)

Brussels promises flexibility in flash flood reconstruction aid

The European Commission has promised flexibility in aiding Portugal's flash flood-battered resort island of Madeira, saying it would seek to tap funds beyond the bloc's Solidarity Fund.

"We'll see what other European funds can be used and we have some ideas", Regional Policy Commissioner Johannes Hahn said at the weekend after visiting the island. "We will be as flexible and quick as possible".

Massive flash floods and mudslides on February 20 killed 42 people and caused some €1.3 billion in damage, according to the regional government.

Hahn said Brussels waited on the Madeira and central Portuguese governments to present a formal estimate of the damages.

"On the basis of this sum, we'll have to see what re-enforcement can come from the Solidarity Fund", he said after talks with Madeira's leader Alberto João Jardim in Funchal last Friday.

Hahn praised the "excellent" ongoing clean-up campaign, underlining the good cooperation between civilian and military teams.

Jardim said the reconstruction of Madeira "lies in the hands of Commissioner Hahn", adding that he was certain Brussels would provide "all the help" it could.

TPN/Lusa



A series of low pressure systems can be held responsible for the past rainy month of February, according to Portugal's Met Office (IM).

Data from the IM shows that large quantities of rain fell last month, particularly in Madeira, where average daily quotas of rain were between 144.3 millilitres (on February 20th) and 129 millilitres (February 2nd), in Funchal.

The amount of rain that fell on February 20th was the most since 1920. The average quantity of rainfall for the entire month this

year (458.7 millilitres) was seven times superior to previous months of February and the highest ever since weather records began in 1865.

On mainland Portugal and in the Azores rainfall was also higher than average. On the Island of Flores (off the Azores archipelago) precipitation last month was the highest recorded since 1970.

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Quake rattles Albufeira

An earthquake measuring 3.9 on the Richter Scale shook Albufeira at around 17h10 last Friday was found to have occurred at a distance of 100 kilometres south-southwest off the coast of the city, according to the Institute of Meteorology (IM).

"According to information that is available so far, the earthquake has not caused any physical or material damage and it was felt with a maximum intensity of II (on the modified Mercalli scale), in the south-west region of Albufeira", an IM Internet

posting read.

On the Richter scale, the earthquake measured at 3.9, an intensity that is described as "frequently felt but rarely causes damage". On average, 49,000 quakes of this intensity are registered every year.

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Portugal sets new record for number of cruise-ship visitors

Last year cruise ships brought a record-breaking number of passengers to Portugal, setting a new high after more than 940,000 tourists disembarked from their liners at a Portuguese port.

In total, 945,034 cruise ship passengers visited Portugal in 2009, easily breaking the previous record of 904,600 tourists registered in 2008.

This represents a growth of around four percent in 12 months and included passengers that arrived at the ports of Leixões, Lisbon, Portimão, Funchal, the

Azores, Viana do Castelo and Cascais.

However, despite the rise in cruise ship passengers visiting Portugal having risen by four percent, the actual number of vessels docking in national ports fell by three per cent.

In 2009, 719 ships made a stay in Portugal, in comparison to the 739 that visited the year before, which means while less cruise ships entered the country, the ones that did were significantly larger than before.

The ports of Funchal and

Portimão registered the biggest growths in visiting ships, though it was in Lisbon that the highest

amount of vessels docked, with 294 cruise ships using the infrastructure.

Last year the ports of Cascais and Viana do Castelo were included on international cruise

ship itineraries for the first time ever, and welcomed four and one ship, respectively.

EU study unveils upbeat prospects for 2010 tourism season

Around 80 percent of Europeans continue to travel for their holidays according to a new Eurobarometer survey on 'The attitudes of Europeans towards tourism 2010' published on Tuesday.

According to the study, only 20 percent of over 30,000 randomly selected citizens were almost certain that they will not travel in 2010, which is significantly below the proportion of non-travellers in 2009 (33 percent).

EU citizens increasingly prefer to spend their holidays in traditional tourist destinations (57 percent), while 28 percent would rather go "off the beaten track" to emerging destinations.

Tourism is one of Europe's most important service industries, accounting for five percent of Europe's GDP and six percent of employment.

Commission Vice-President Antonio Tajani, responsible for Industry and Entrepreneurship, said: "The 2010 survey results are encouraging for the tourism industry. We need to work further on developing the tourism industry, which ranks third in terms of GDP and employment in Europe."

"The Lisbon Treaty now gives us the opportunity to tackle this sector from a European perspective. Nearly 50 percent of EU residents have already decided that

they will go on holiday in 2010 and their perceptions about being able to finance their holidays have also slightly improved."

"Local attractiveness" is cited as the major factor (32 percent) when choosing holiday destinations, followed by "cultural heritage" (25 percent) and "entertainment possibilities" (16 percent).

Seeking "rest and recreation" (37 percent) is the main motivation for EU citizens to travel, followed by "sun and beach" (19 percent) and "visiting friends and relatives" (17 percent).

Spain, with a share of 10.4 percent was the most popular destination in 2008 and 2009 and dominates also the current plans made for 2010. It is closely followed by France (9.9 percent) and Italy (9.2 percent). However, 17 percent of EU residents planning to go on holiday in 2010 have not yet decided on the destination.

Currently, just over two percent of Europeans said they would choose Portugal as their holiday destination in 2010.

Meanwhile, the proportion of those still undecided about their vacation plans for 2010 were the highest in Italy and Portugal (both 35 percent).

Over 30,000 randomly selected citizens aged 15 and over were interviewed for the Eurobarometer survey in February 2010 in the 27 EU Member States as well as in

Norway, Iceland, Croatia, Turkey and the former Yugoslav Republic of Macedonia. It is the third time in a row that the European Commission has done such an extensive survey, which offers to all tourism stakeholders a wealth of information, presented analytically in both country and demographic categories.

The Commission intends to conduct this kind of survey once a year in order to closely follow the short and medium term travel and tourism trends of European citizens. These surveys will allow tourism stakeholders of the countries surveyed to react to changing trends in tourism demand, and so will constitute an important instrument for tourism policy.

The 98-page study can be found by visiting: <http://ec.europa.eu/enterprise/newsroom>



RCI's 'Independence of the Seas', on her arrival at the cruise terminal in Alcântara in Lisbon in 2008. (Photo: Lusa / António Cotrim)



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Brazilians most discriminated against



Last year 77 people made official complaints of racism to the Committee for Equality against Racial Discrimination (CICDR), the majority of whom were Brazilians living in Portugal.

In comparison to 2008, last year the CICDR received three more complaints.

One in every three people to make a complaint was Brazilian; thirteen African's also complained, along with five gypsies.

Of the 77 cases, 72 were told they were right in having done so, though only in 23 of those cases were the offenders fined.

The majority of complaints were made over the way the victims were treated primarily in shops, as well as in schools, health centres, while on public transport, and even in their own homes.

In one situation, a music teacher was condemned after a student of African origins believed the teacher was using racist language. Despite being reported in 2008, that particular case was only finalised last year.

Many of the cases were passed from the Unit for Immigrant Vic-

tim Support and Racial or Ethnic Discrimination (UAVIDRE).

The majority of individuals reporting discrimination are female and aged between 11 and 35, married with children, and one in four are Brazilian.

There are currently believed to be around 106,961 Brazilians living in Portugal, followed by Ukrainians (52,494), though only 3.8 percent of the complaints were made by immigrants from the Ukraine.

Photo left: Rebeca Traldi looks out of the window of her house which is displaying Portuguese and Brazilian flags in São João de Peso four weeks after her arrival in Vila do Rei with four other Brazilian families who emigrated to Portugal to populate the Vila do Rei district. (Photo: Lusa / Paulo Cunha)

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Residents stage protest to halt controversial quarry



Around two dozen residents of the Santa Catarina area of the Algarve gathered outside Tavira Town Hall last Friday to stage a 'peaceful demonstration', to show their anger at the licensing of a quarry which has been operating since last year in Cerro do Leiria.

Organised by the newly-revived environmental defence Association PROBAAL, the residents held the gathering to "show their disapproval to Tavira Town Hall, face-to-face, regarding the granting of a licence for a quarry at Cerro do Leiria", an email sent to **The Portugal News** from one of the association's main representatives stated.

Pocket-sized stones were left on the Town Hall's doorstep to "serve as a small reminder" of why the residents had gathered and of their "continued presence regarding this issue".

Last Friday's demonstration was the first line of action in a battle that PROBAAL promises will endure until the quarry is closed.

"Though we did not speak to the President of the Câmara, he will know we were there", the e-mail stated, pledging, "And when we come back week after week he will understand that we are not going to go away and let him say yes to projects which ruin the countryside".

An earlier e-mail from PROBAAL, sent out two weeks ago, urged those affected by the quarry to take part in the protest and highlighted the gathering as being "For those who want to stop the quarry, for all who care about the environment in the Algarve, and for all who want to stop corruption in the Algarve".

A second demonstration has been organised for this Friday (March 12th) at 12h00, to "tell Tavira Camera that we will not let them off the hook for what they have allowed Tecnovia to do".

The licensing for the quarry was passed in June last year during the mandate of former Tavira Mayor Macário Correia, allegedly just days before the move to his new role as Mayor of Faro Town Hall. The license was passed after a change was made to the 'Master Land-Use Plan' (PDM) documents for that area in 2007, to accommodate its exploration. The first application for a quarry in that area was made over a decade earlier.

Prior to the legal land-change, the land on which the quarry is located had been classified as protected land, hence why the first application submitted more than ten years ago was refused. In 2000, when rumours of a quarry in Cerro do Leiria first emerged, its go-ahead was successfully deterred following the damning conclusions of an Environmental Impact Study. Around that time locals formed the regional environmental group Probaal to stop the quarry from materialising. Their insistence, which included a petition comprising thousands of signatures being handed over to the then-Environmental Minister José Sócrates (now Prime



An on-site stone crusher, in full view of nearby villas, used to crush the limestone excavated from the quarry in Cerro do Leiria located just one kilometre from the popular bowling club. Locals claim it is noisy and creates large amounts of dust.

Minister), resulted in an EC investigation. As a result, the quarry failed to be fully licensed.

Now, despite being located on land that is believed to be classified 'REN' – and being overlooked by at least a handful of private homes – a licence was issued by Tavira Town Hall for the quarry's exploration in June last year.

A second letter from the recently re-formed Probaal was sent to the EC on January 30th this year asking that the situation be re-investigated.

Locals say they only discovered the quarry had been given the green light when unexpected on-site development started up just days after the municipal elections in October last year.

They further claim they were not informed of the matter being put forward for compulsory public debate. In talks with **The Portugal News**, a source from Tavira Town Hall guaranteed that the public consultation had indeed taken place "In 2008 or 2009, for around one month".

The quarry is less than one

kilometre from a popular local bowling club, largely frequented by ex-pats, and on the doorstep of several countryside villas. Excavation works have already radically altered the rural landscape, beneath which flows what is believed to be the Algarve's only Aquifer.

When questioned about the issue Mayor Correia has continuously declined to provide an answer, claiming his role is now that of Mayor of Faro and not of Tavira.

Current Tavira Mayor Jorge

Botelho has opted to give clarifications at a later date, "after assessing the legal scope of the two injunctions" of which the council has been notified.

Meanwhile, the residents of Cerro do Leiria have vowed to persist in their fight to close the quarry.

"This quarry is already having a negative impact on local residents' lives and it threatens the future of the water from the Aquifer on which it sits. It could pollute and deprive the whole locality of water", they argue.

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Harvard unveils joint research programme in Portugal



Prime Minister José Sócrates speaking during the accord ceremony between Portugal and Harvard University in Lisbon in May last year. (Photo: Lusa / João Relvas)

The first projects to be financed under a €42 million Portugal-Harvard Medical School research programme will centre on foetal development, the mechanisms of cancer cell division, and the search for new malaria medication, an official announced at the weekend.

Carmo Fonseca, an executive

director of the Science and Technology Foundation and Harvard programme created last year, said the three research projects would be led by teams from Oporto University Medical School, the Gulbenkian Institute for Science and the Institute of Molecular Medicine.

"Enormous interest" had been

shown in the first round of candidacies, Fonseca said, adding that the three projects selected had come from a total of 38 proposals.

Each selected project could receive a total of up to €900,000 over three years, she said.

The Portugal-Harvard Medical School programme was estab-

lished in May 2009 with a total budget of €42 million.

Beyond financing research projects, it will also sponsor clinical research training for doctors, research work shops, and support for the publication of scientific papers produced by Portuguese researchers.

TPN/Lusa

EU NEWS IN BRIEF

New law to reduce injuries for 3.5 million healthcare workers

EU Employment and Social Affairs Ministers have adopted a Directive to prevent injuries and infections to healthcare workers from sharp objects such as needle sticks – one of the most serious health and safety threats in European workplaces and estimated to cause 1 million injuries each year. The Directive translates into Community law an agreement negotiated by the European social partner organisations in the sector, which employs around 3.5 million people.

Georgia to integrate into the European aviation market

Georgia and the European Union have initialled a comprehensive air services agreement at a meeting in Tbilisi, Georgia, which will open up and integrate the respective markets, strengthen cooperation and offer new opportunities for consumers and operators. Following three rounds of negotiations over the past six months, the two sides have agreed to develop a "Common Aviation Area" between Georgia and the EU, within two years of signature, based on common rules in important areas such as aviation safety and security.

Take cover before you hit the slopes

Post Office Travel says medical bills accounted for 75 percent of ski holiday claims last season, so skiers who travel uninsured or with limited cover take a big risk with their finances. The Post Office says a dislocated hip costs around €12,000, a fractured leg in Europe up to €10,000, and France, Austria and Switzerland are the top countries for claims. Travellers who expect the European Health Insurance Card to cover costs could have a nasty shock, as it won't cover the cost of repatriation, private treatment or personal baggage/ski equipment.

New research projects to fight influenza

The European Commission has announced the results of its €18 million call for proposals for new research projects on influenza. Four collaborative research projects have been shortlisted for funding. They involve 52 research institutes and SMEs from 18 European countries, and 3 international partners (Israel, China, the United States). Influenza virus genes migrate across continents and between species and seriously threaten both human and animal health. Two consortia will focus their research on influenza in pigs, while the two others will develop innovative drugs against influenza in humans. Their selection is part of the EU's longstanding support for research on influenza and brings the total Commission funding in this field to over €100 million since 2001.



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Pine tree disease “out of control”



The head of the Federation for National Forestry Production Associations (FNAPP), Vasco Campos, has this week warned the Government that pine tree disease known as the nematode is “continuing to spread in an uncontrollable fashion” due to lack of combative measures.

However, the Ministry for Agriculture has said that it is “optimistic” that the situation will improve.

Vasco Campos announced this week “the fight against the nematode has reached a standstill. The Authority for National Forestry (AFN) drew up a series of wild pine disease-combating measures in a protocol with [producer] associations, but that protocol reached an end on December 31st”.

In wood, the nematode disease is caused by microscopic organism carried by an insect that contaminates all trees through which it passes, mainly affecting the tree’s crown and its branches.

Mr. Campos, who is also the president of the Beira Serra Forestry Association CAULE, further stressed that wild pine trees are at risk of disappearing altogether from central Portugal.

This opinion is also shared by Ismênio de Oliveira, coordinator of central Portugal’s SEBALDIC forestry association, who said there was a “true lack of information about reality”.

“There is a lack of information from the Ministry of Agriculture about the reality of the situation, we know that the area that the pine tree disease has affected has grown, there are counties like Arganil and Castanheira de Pera where there are more dead pine trees now than there were three months ago, but we don’t know why”, he complained.

Ismênio de Oliveira also laments that at the moment “on the ground the nematode battle plan is not working”.

The Ministry for Agriculture has guaranteed that “action for identifying and eliminating trees with symptoms of decline” is in place and being carried out by various associations, and that “all protocols had not yet been carried out, though the funds are available”.

A source from the Ministry for Agriculture said that “the results so far are optimistic taking into account the perspectives of expansion of the pine wood nematode in the central region”.

It has been estimated that in that particular part of the country

up to 1.9 million trees have already perished.

CAULE further reported that there had been “enormous difficulties” for the management of the Forestry Intervention Zones (ZIF) to be eligible for the appropriate programmes in combating the nematode because of the bureaucracy that has been imposed.

“We are losing the EU’s money; ZIFs are having tremendous difficulties in registering for the PRODER Programme (Programme for Rural development) because it demands impractical requirements”, argued Vasco Campos.

In Portugal, experts first voiced concerns about the possible wipe out of pine trees forests from the killer bug that caused ecological catastrophes in East Asia in early 2008.

In October 2008 the then Minister for Agriculture, Jaime Silva, confirmed that nearly one million trees had been cut down in Portugal in an attempt to control the destruction being caused by the pine tree nematode.

Since the late 1990s, Portugal



has spent an estimated €300 million in controlling pine tree plagues by felling and burning.

Photo above right: Director of the Caule Forest Association, Vasco Campos with Fernando Alves of the Association of Portuguese Agricultural Forestry and Rural Development from Viana do Castelo and Luís Alcobia CEO of the National Federation of Forestry Companies observe the pine trees which have been infected with nematodo, a disease which has been affecting pine forests in the centre of Portugal. (Photo: Lusa / Paulo Novais)



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Lisbon to sell Cahora Bassa stake to state-controlled utility REN

The Portuguese Government plans to sell its 15 percent stake in Mozambique's Cahora Bassa hydroelectric company (HCB) to majority state-owned utility REN, the Finance Ministry has announced.



Prime Minister, José Sócrates, during a visit to Cahora Bassa Dam, Tete, Mozambique on 04 March during a three day official visit, aimed at giving "a new impetus" to the relationship between the two countries. (Photo: Lusa / André Koster)

The Ministry said in a statement that the Portuguese and Mozambican governments signed a memorandum of understanding in Maputo earlier Friday for each side to sell 15 percent positions in HCB, Africa's fourth largest hydroelectric complex.

It said Maputo, which owns 85 percent of HCB, planned to relinquish a 15 percent stake to local utility CEZA, while Lisbon

was "directly inviting" Portugal's REN to buy its residual share.

Portuguese Prime Minister José Sócrates announced Lisbon's intention to sell its residual position last Thursday during a visit to the Zambezi River giant.

Mozambique purchased most of Portugal's 82 percent share in HCB for €750 million in 2007, leaving Lisbon with 15 percent. TPN/Lusa

EU micro-loans to 45,000 unemployed and small entrepreneurs

EU Employment and Social Affairs Ministers have this week agreed on a new facility to provide loans to people who have lost their jobs and want to start or further develop their own small business.

The European Microfinance Facility will have a starting budget of €100 million which could leverage more than €500 million in cooperation with international financial institutions such as the European Investment Bank (EIB) Group.

The initiative is part of the EU's response to the crisis and is especially targeted at people who cannot normally obtain credit because of the economic crisis and the current lack of credit supply.

Speaking at the Ministerial meeting, László Andor, EU Commissioner for Employment and Social Affairs and Inclusion said: "The Microfinance Facility offers an alternative to those suffering from the effects of the crisis and will help create new jobs".

Those helped under the initiative will also be able to benefit from mentoring, training and coaching as well as assistance in preparing a business plan, in close cooperation with the existing

European Social Fund.

An initial budget of €100 million is expected to leverage €500 million of credit in cooperation with international financial institutions such as the EIB Group. This could result in around 45,000 loans over a period of up to eight years.

In addition, the possibility for these same people to benefit from interest rate rebates through the European Social Fund will make it easier for them to start their new business.

Micro-credit in this facility means loans under €25,000. It is tailored to micro-enterprises, employing fewer than 10 people (91% of all European businesses), and unemployed or inactive people who want to go into self-employment but do not have access to traditional banking services. A total of 99% of start-ups in Europe are micro or small enterprises and one third of these are launched by people who are unemployed.

Iceland banking issues "should not delay EU accession"

The issue of whether Iceland should reimburse the United Kingdom and the Netherlands for €3.9bn lost by British and Dutch savers in the Icesave crash is a bilateral one, and it should not prevent EU leaders from giving their go-ahead at the end of March for the start of EU-Iceland accession negotiations, said Foreign Affairs Committee MEPs at a meeting with EU enlargement Commissioner Stefan Füle this week.

However, some MEPs were sceptical about whether Rey-

kjavik really wishes to join the EU.

"Icesave is a bilateral file which should not have repercussions on accession" said Parliament's leading MEP on Iceland, Cristian Dan Preada.

"The ball is now in the court of the European Council which could open negotiations before the end of this month", added Patthe Cope Gallagher, Chair of the EP Delegation for relations with Switzerland, Iceland and Norway and the European Economic Area (EEA).

Elmar Brok meanwhile, noted that Iceland is ideally located for energy supplies but said that only 33% of Icelanders would support joining the EU.

"Can we negotiate with a population who is likely to say no in the end? The Norwegians told us no twice in the past!", he stated. This view was echoed by MEPs Hannes Swoboda and Ulrike Lunacek.

Commenting on the Icesave referendum of 6 March, in which Icelanders rejected a deal to reimburse the British and Dutch gov-

ernments for deposits lost in Icesave online savings accounts when Iceland's Landsbanki collapsed, Mr Füle said "the Commission takes note of the results of the referendum. This is a matter for the people of Iceland to decide. As such, the results of the referendum are quite distinct from Iceland's accession process. Icesave is a bilateral issue between Iceland and two Member States".

The Commissioner also recommended opening accession talks with Iceland.

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Cheques - blacklist reaches 90,000

According to figures released this week, the number of fraudulent cheques being issued is on the increase, despite a drop in their use.

Latest statistics show that more cheques bounced in 2009 than ever before in the country's history.

The cheque blacklist, compiled by the Bank of Portugal, revealed that more than 89,000 cheques were refused for payment last year.

The year-on-year rise in the number of bounced cheques (four percent) was the highest on record.

According to analysts, there is now a clear trend, and while in the

past large frauds were being committed by a few, the amounts have now dropped, but the number of offenders has skyrocketed.

Having one's name placed on the blacklist and not being allowed to write cheques are some of the consequences of issuing a cheque of more than 150 euros for which there were insufficient funds.

Amounts under €150 are always paid as banks in Portugal are forced to honour these payments.

International Women's Day: 'New Century, Old Problems'



As a successful journalist and a face of the women's rights Millennium Objectives 2015 campaign, Isabel Stilwell is well cast to discuss the fight against male privilege.

The 49-year-old Portuguese mother of three did just that on Monday when she joined an international panel taking part in 'Viewpoint,' a Council of Europe-produced television talk show, dubbed Europe's first human rights broadcast.

The programme's title 'Women – New Century, Old Problems' is a theme that Isabel understands well.

"The fight now is not against men but against obstacles that are still in the way of women, especially when they are poor, and more especially when they don't have the money or access to education that opens doors," she says.

Social justice is a theme to which Isabel returns often, even as she recognises the privileges conferred by her professional status and family background.

Isabel convinces as the driven power-broker,

whose success has been achieved without the sacrifice of personal happiness.

She has spent her entire working life climbing the career ladder of Lisbon's media village.

During that time, Isabel has juggled the demands of raising a family with anchoring a daily radio programme and a weekly television talk show, as well as authoring 10 books and editing Destak, a national, free daily newspaper.

So, does she see herself as a 'superwoman' or perhaps, a feminist icon, standing on the shoulders of giants?

Isabel prefers "fulfilled woman" but willingly pays homage to older 'sisters' of the struggle.

"The real icons of feminism belong to the generation just before me and to whom I am really grateful," she says. "They had the courage which made my fulfillment possible."

"Gender was an obstacle but not one that I couldn't get over. When I started working, journalism was 90% men. It was a world designed for men. Time-wise, it was for men, not for women with children."

Isabel laments that women are often "their own worst enemies" in relationships with men. She fears that despite the advance of political correctness into the Portuguese mainstream, women still raise their daughters to respect traditional roles.

"Roles haven't changed that much," she admits. "Mothers continue to raise their boys and girls in a different way. I was educated to be a good mother, a good wife and a good employee."

As a mother of two daughters, Isabel is concerned by the portrayal of women as uniquely sexual objects. She is also alive to the contradiction that she works in an industry which plays a key role in the coarsening of popular culture.

Her interest in furthering "behavioural change" has led Isabel to embrace the feminism that sees men as partners and not as adversaries. As an "optimist" she believes that men can enrich their own lives by sharing in the progress women have made in Portugal since the Carnation Revolution of April 1974.

"We need to educate boys to be different men," she says. "The first reaction of a man may be to reject this change because he remembers how his father's life was fantastic and he feels as if he is losing things that his father had."

"But in reality, when men start to take care of children they find that they love what they do. Men will find it rewarding and liberating to meet women half way."



Paul Wolf-Light; Isabel Stilwell; Johanna Nelles and Anke Trischler

EU looks to reduce the gender pay gap

The European Commission plans to use a series of measures aimed at significantly reducing the pay gap between men and women over the next five years, it said in a statement posted on its website earlier this week.

The average gender pay gap in the EU currently stands at 18 percent, and to lower this rate, the Commission plans to raise awareness among employers, encourage initiatives to promote gender equality and support the development of tools to measure the gender pay gap.

Furthermore, new legal measures are not excluded.

The Commission intends to consult European social partners and analyse the impact of a number of options: strengthening sanctions, providing pay transparency and regular reporting on the pay gap.

A Eurobarometer survey re-

leased on Monday shows that more than 80 percent of Europeans support urgent action to address the gap.

"I am deeply concerned that the gender pay gap has barely fallen over the last 15 years and in some countries it is even increasing," said Vice-President Viviane Reding, EU Commissioner for Justice, Fundamental Rights and Citizenship.

"In these times of crisis, the gender pay gap is a cost Europe cannot afford. We need to use all the tools we have to close the gender pay gap. Together with Member States, we will seek to significantly reduce the gender

pay gap in the EU by the end of this Commission's mandate", she concluded.

The gender pay gap – the average difference in gross hourly earnings between women and men across the economy as a whole – now stands at 18 percent for the EU, with considerable differences between countries and sectors. It reflects ongoing inequalities in the labour market, which in practice mainly affect women.

In the second half of 2010, the Commission will put forward a new EU strategy for gender equality for 2010-2015. Tackling the gender pay gap will be one of its main priorities.



Isabel Stilwell

Portuguese women amongst EU's hardest workers

Despite Portuguese women being amongst the most employed in the EU, only 16 percent of these women occupy top jobs in the public and private sectors, statistics from the National Statistics Institute (INE) have revealed.

According to the INE, the

number of Portuguese women who are employed has risen significantly in the past decade as well as in the past year, from 51.8 percent in 2008 to 56 percent in 2009.

Portuguese women are amongst the most widely recruited nationality, on a Euro-

pean level, and are surpassed only by Swedish, Danish, Dutch and Finnish female workers.

This was discovered by the INE after it carried out a study into the evolution of Portuguese women over 35 years for International Women's Day, which

was celebrated on Monday this week (March 8th).

Despite their increasing participation on the international work market, only 15.9 percent of the women who carried out, in 2009, "superior roles in public administration; were managers,

high-ranking within companies, or specialists in intellectual or scientific professions".

The majority of the 2.4 million women actively employed last year made up part of the "services or sales staff (23 percent) or carried out non-qualified profes-

sions (17.1 percent)".

Since the 70s women have made up more than half of the students enrolled in secondary or higher education.

According to the INE, 59.6 percent of students who finished University last year were female.



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New investment trust is 'biggest launch in years'

There was generalised shock in the grey world of fund management recently, which manages billions of savers' cash and giant pension funds, at the decision of top manager Roger Bolton to emerge from semi-retirement to launch Fidelity China Special Situations PLC, a new investment trust.

Although China's stock market accounts for only 2% of the global value of shares, this will be one of the biggest launches in years.

Fidelity aims to raise £650 million with its initial offer, but desperate savers could lob much more into the hat. Bolton is committing £2.5 million of his own money, while promising to manage the fund for no more than two years.

"I would be astounded if they don't attract \$2 billion (£1,284 million)", says Peter Hargreaves, chief executive of financial advisor Hargreaves Lansdown.

"A sell-out," predicts another commentator, "like some ageing rock star's comeback tour."

The offer is open to new investors making paper applications to Fidelity until March 26, and to online applicants buying an ISA (Individual Savings Ac-

count) with a debit card until April 5.

The fund is offered at £1 per share, with no initial charge and for minimum investments of £2,500. Regular monthly investments to take advantage of dips in fund performance are not permitted.

However, the first investors won't get either warrants or subscription shares, which new funds sometimes offer to win early support. Fidelity, perhaps, thinks 'carrots' are not needed this time.

There is no doubt that investors, sensing gloom for years ahead in the debt-burdened UK and European economies, yearn to believe in China as the economic powerhouse of the 21st century.

The fund, perfectly timed to attract ISA investments ahead of the April 5 deadline for this tax year (2009/2010), is likely to begin trading on April 19.

In a legendary 30-year career with Fidelity, Bolton built a huge fan base, and made thousands of investors in his Special Situations Fund considerably richer. An investment of £10,000 in 1979 grew to £1.43 million by 2007.

Bolton ran Fidelity's Euro-

pean fund for 13 years too, also with distinguished results. He quit front-line management in 2007, to indulge his hobby of composing music and to enjoy the spoils of a dazzling career.

Now, he's moving to Hong Kong - convinced China stands at a critical point in its economic development.

"The main reason for my excitement about the Chinese opportunity is that this vast country of over 1.3 billion people is, I believe, at the most interesting stage of its development from an economic point of view," he says.

Bolton thinks developing economies go through a "period of acceleration" in their growth once Gross Domestic Product per head hits a critical level.

Then household income hits a level which allows a surge in spending on items like apartments, cars and services.

Few understand the complexities of the Chinese economy, but optimists backing Bolton say the Chinese market is at barely half its all-time high - and that as it becomes the world's dominant economy, its currency should appreciate over time, providing an extra safeguard for foreign in-

vestors.

Others think differently: They think Chinese stocks may have already hit a 'bubble', and could face the sort of upheavals which have been commonplace in the West since 2007.

So is China - and the Fidelity fund in particular - the sensible place for your pension or savings pot?

The answer to that question finely balanced. However, global prospects remain so uncertain that China should only ever account for a small part of a balanced portfolio.

Rob Pemberton, at wealth manager HFM Columbus, says: "It is dangerous to equate future share price returns solely with economic or profit growth. The bulk of share price advances frequently come from multiple expansions, and China is no longer cheap at 14 times 2010 earnings."

"China is now starting to feel somewhat pricey in a global market environment that is looking a lot less tolerant than last year."

Bern Yearsley, investment analyst at Hargreaves Lansdown, says: "If you like China and want a quality fund manager, Bolton is your man. But he hasn't managed money in China before, so this is a risk to some degree."

"It is something of a gamble, but longer term investors need exposure to China. In the short term, there will be volatility, which is normal in emerging market economies."

Yearsley sees the decision to make the Fidelity fund an investment trust as another plus point: "It means Bolton won't have to worry about inflows and outflows of money, as you do in a unit trust. Management is easier and money can go into illiquid assets."

Patrick Connolly at AWD Chase de Vere is reminded of the tech bubble a decade ago.

"While it may have seemed logical to have some exposure to technology stocks in 2000, the risks of being over-exposed became very evident. Likewise, China could be the investment success story of the next generation and some degree of exposure seems sensible," he says.

"Again, however, there is the risk of being over-exposed."

"We will not recommend Bolton's fund to new clients, because we believe the vast majority of our clients can gain exposure to China through Global Emerging Markets funds, which will typically have 15-20% invested in China."

"The key to successful long-term investing is usually having a sensible asset allocation strategy in place, rather than trying to chase potential winners."

Mick Gilligan at Killik & Co thinks that despite some negative comments so far, Bolton deserves to get the benefit of the doubt.

"I cannot believe he would put his name and reputation on the line for something he doesn't believe in. He has been investing in China for some years, because the Special Situations Fund allowed him to invest up to 20% of the fund globally."

"I also believe this new fund is

Bolton's genuine idea, not a Fidelity marketing stunt dreamed up to capitalise on the selling power of one of the most famous names in investment".

Mick Gilligan thinks holding

2.5% - 5% of a personal portfolio in Fidelity's new China fund is realistic.

Don't bet the bank on Bolton, but this is possibly one you can't completely ignore either.

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A young child, thought to be a victim of extreme bullying at his school, jumped into the river Tua, in Mirandela, last week and has been missing since. Parents, family members and the population participated in an awareness march for the young child, disgusted by the school's silence, which has not said a word to the family since the child jumped off the bridge. (Photo: Manuel Teles/Lusa)

First 'Natural Tourism Office' inaugurated in Cascais

Cascais became the first municipality in Portugal to inaugurate a 'Natural Tourism Information Office', in the Sintra-Cascais Natural Park, which is in essence an ecologically-friendly cabin that manages its own water and electricity supplies.

Created by municipal agency Cascais Natura, the bureau aims to bring the park's visitors closer to nature by showing them the best of what it has to offer as well as raising awareness about how to care for the environment.

Cascais' Environmental Councillor Carlos Carreiras, who is also head of Cascais Natura, said that the recently-inaugurated office was the result of "work initiated many years ago in aid of the environment and lifestyle quality".

"We want to hear people speaking of the Sintra-Cascais Natural Park for the best reasons and we want to show them the best of our region", he said.

The new infrastructure, which is located in Parque Marechal

Carmona, is made of recyclable and recycled materials as well as using environmentally-friendly equipment such as fluorescent compact lightbulbs. It runs on alternative energies and is thermally insulated with a cork outer cover.



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Seven arrested for teen abduction

Seven teenagers, aged between 13 and 21, were arrested in Lisbon on Sunday after kidnapping a seventeen year old boy to steal his money and mobile phone.

A source from Lisbon's PSP told Lusa News Agency that the victim was taken to a warehouse, in Benfica, where he was beaten. The victim managed to escape from his kidnappers at around 04h20 and contacted police. The youth

did not require medical care, stated the PSP.

All seven suspects were detained but only six were taken to Court on Monday as the youngest, who is thirteen years old, is too young to be tried.

A Bridge to Somewhere?

I studied hard to become a passionate teacher and a prolific, if not famous, writer. (I now make regular blog postings just to keep my writing arm working: www.patwesty.wordpress.com) But there's one area of recent endeavor that has brought me more agony than joy: learning how to play bridge. I came from a family that held books, not cards. So when my friends persuaded me to try this engaging card game I said "yes" with no idea what challenging, even excruciating, days and nights would follow. It's truly humbling to walk into a room and play with, or against, people who have been playing for 20-40 years. My six months of play doesn't give me immunity from the occasional abuse hurled at me like last week when an experienced player yelled, "You sure made a mess of that hand." (He was right, but couldn't he say it in

private?)

Bridge is full of rules, most of which seem logical and ultimately possible to learn. They involve bidding actions and conventions that, presumably, partners have agreed upon. Some players disband with the conventions and just use their native card sense. The problem here is that I have none! In my early months I shuffled the cards awkwardly, splatting them all over the table instead of mixing and piling them up for the next dealer. Then I was berated for waving my cards in front of all the other players to see (the biggest "sin" all, for obvious reasons.) Then come all the intricacies of who shuffles while who deals, how to hand the cards to the dealer and how to lay them down when one's partner is playing the hand. Players tap the table with impatience, tap the players when they break the rules of protocol, and are more apt to tell you what you do wrong than

right. The fact that my husband is a good player is both good and bad. On the good side I have someone at home to help me learn. On the bad side, he's more tolerant of my mediocre cooking than of my paltry playing.

The actual play of the hand causes me the most apprehension of all. I was a decent test taker in school but when the bridge hand is mine to play, my heart beats hard, my hands sweat so much the cards wilt, and my head fuzzes over as though I've had three whiskeys too many—and I'm not even a drinker! Some of my non-bridge playing friends tell me I should give up and go to Scrabble, but I'm not the quitter type. Plus I was encouraged to continue when a top player friend told me that a great percentage of bridge players don't get dementia, and maybe not even Alzheimer's, as they age. That's enough to keep me trying. At least I can serve as a good whip-



Westheimer

ping boy for the ill tempered perfectionist players who forget what it was like to be a beginner or the competitive Charley's who are delighted when they get to play against me. But I return to the tables weekly with the hope that some day I'll have enough card sense to make my bridge contracts at least once in an afternoon or evening. And if I don't, at least I'll make some new friends, eat some tasty smoked salmon sandwiches and learn to keep score unless I give up and start to play snooker instead.

patwestheimer@gmail.com

Lisbon parents propose break-time entertainment to combat bullying



Lisbon's Regional Federation for Parents' Associations (FERLAP) has today proposed a project that will create a programme to introduce entertainment during breaks between lessons at school to fight violence between students.

'Break-time entertainment', as the project is called, suggests that a qualified entertainer should be "permanently available during breaks in common use rooms and all areas where there could be isolated students".

The idea, according to FERLAP is for the entertainer to

form a relationship with students so that they are accepted during breaks as a member of the school and not as a policeman".

FERLAP believes that this would allow for "quick action to be taken over the smallest incident" preventing such situations from turning into fully-fledged "acts of violence".

Police catch Telheiras rapist



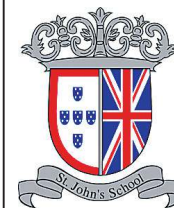
Lisbon police chiefs confirmed that last Friday PJ officers detained a violent sex offender known as the Telheiras rapist.

The suspect, a 30-year-old engineer, is believed to have raped numerous victims, though did not have previous criminal convictions. He was arrested in Lisbon last week, PJ sources said.

Referred to as the Telheiras rapist, for more than a year the

criminal had been raping underage girls inside buildings, always on a Tuesday, holding them at knife-point whilst forcing them to perform sex acts.

It is thought that the criminal has attacked more than 10 times over the past 12 months.



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Several curious people gathered at Quarteira beach to see the ten metre long whale that washed ashore on Friday, 5th March. (Photo: Luis Forra/Lusa)

Whale washes ashore in Quarteira

Hundreds of people gathered on Quarteira's beach on Friday 5th March to see a ten metre whale that had washed ashore during the early hours of the morning.

The whale's carcass was in an advanced state of decomposition when it washed ashore and Loulé's council workers removed it from the beach with the assistance of a crane the same day.

Although its cause of death was unknown, Captain Marques Ferreira said that "sometimes whales fall asleep on the surface of the water and ships run over them or they are struck by their propellers."

Energy Company says Algarve should be 'test region' for electric cars



The Algarve Regional Energy Company (AREAL) has proposed to regional mayors the challenge of turning the Algarve into the country's 'pilot region' for electric vehicles by equipping municipalities and hotels with re-charging stations.

region save energy as well as attract a new niche of tourists.

During the conference José Martins de Oliveira highlighted the fact that the Algarve's expenditure on fuel is higher than the European average mainly because there are no public transport alternatives to the car.

To counter the use of private vehicles, José Oliveira challenged the region's 16 regional authorities to unite in the construction of a network of electrical chargers.

The Mayor of Monchique, Rui André, has already expressed his enthusiasm for the proposal, though stressed the implementation of the network "must be gradual".

After so many years the Algarve's transport sector is still poor", said José Martins de Oliveira, director of AREAL, during an international conference about 'Renewable Energy and Sustainable Tourism', which took place this week at the Santa Eulália Hotel, Albufeira.

According to AREAL's director, "The Algarve has all the conditions necessary to be a pilot region and carry out a practice for the use of electric cars, using charging stations", which he believes in the future could help the

MP defends creation of 'Algarve Energetic Alliance'

Mendes Bota, leader of the PSD/Algarve, has this week challenged Algarveans to create an 'Energetic Alliance for the Algarve', to make the region environmentally cleaner and self-sufficient.

"The Algarve has all the prerequisites and potential to be an energetically pure region, innocent of the crime, of contributing to the carbon dioxide in the atmosphere, close to being autonomous, if all of our strengths are concentrated on this new economic cluster of renewable energies", he announced this week during the international 'Renewable Energy and Sustainable Tourism' conference, which took place

this week at the Santa Eulália Hotel, Albufeira.

"Here we can have wealth, we can have jobs, we can have research and we can have investment. Universities and local authorities, companies and technicians, consumers and producers, politicians and voters, we can all join together to create a real Energetic Alliance for the Algarve", he said during his speech at the conference.

In the MP's opinion, the Algarve is the country's region that is "unrivaled in its ability to become a real supplier of renewable energies", regarding solar, tidal, wind or micro-generated power.

Detained duo attack officers in Lagos station

After being detained by police following an altercation outside a Lagos discotheque, two men proceeded to attack and threaten Lagos PSP officers inside the station that they had been driven to.

According to the PSP one of the two suspects, a 41-year-old male, had been carrying a weapon which was seized at the time he tried to attack a police officer as he was leaving the station.

Fellow officers are said to have used pepper spray to subdue the assailant, who left the attacked policeman in need of medical assistance.

The second suspect was also arrested for threatening and attempting to attack an officer while inside the station.

Meanwhile, in Faro, a 37-year-old man, who had been under surveillance for five months for suspicion of trafficking, was arrested for being in the possession of 200

doses of heroin, cash, and other paraphernalia.

PSP police claim the alleged trafficker is considered to be one of the main suppliers to the city's addicts.

On Monday PSP police detained two individuals, aged 25 and 51 for driving without a license in Portimão, and one person for drink-driving in Olhão.

More drivers were arrested by GNR police in Olhão, Portimão and Silves for driving while under the influence. In Albufeira a 22-year-old man was arrested by the GNR for driving without a license, and in Loulé a 33-year-old male was detained for refusing to be breathalysed.

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Magic Moments

Olhanense stun FC Porto



Trailing 2-0 after twenty minutes against lowly Olhanense and it was obvious that FC Porto had their sights set on the game against Arsenal at the Emirates three days later.

For the Algarveans, 34-year-old Djalmir, scored twice as a strong FC Porto side - there were seven full internationals in the starting line-up - were given a lesson in fast attacking football by the South-erners. Olhanense's lively Paulo Sérgio created both goals as Djalmir brought his tally to five in nine games after his return from a lengthy lay-off through injury.

The defending league champions came back strongly, but the Olhanense defensive wall of Miguel Ângelo, Tengarrinha and Carlos Fernandes stood firm.

In the 68th minute, Falcao was

denied by a fine save by Ventura as his shot was turned onto the post and away to safety.

Within minutes the visitors could have been awarded a penalty as it appeared as if Bruno Alves had climbed all over Djalmir; referee Cosme Machado's only mistake in a well controlled game.

FC Porto continued to press and the ever alert Falcao pounced to reduce the arrears; his 17th goal in 21 games. Ten minutes remained as the home side pushed forward and deep into stoppage time substitute Guarin scored to level the game at 2-2.

A magnificent performance by new boys Olhanense and following their recent draw with Sporting they can be quietly confident of maintaining their status in the top flight.

With eight games remaining, starting with bottom club Belenenses at home on Sunday (KO 3.00pm), nine points should be sufficient to keep them clear of the drop zone.

The previous week Olhanense had led at second placed Sporting Braga only to lose 3-1 in atrocious conditions as the wind and rain swept down the hillside and across the magnificent AXA Stadium.

The highlight of the weekend trip for Olhanense supporters was when Emily Richardson was presented with goalkeeper Bruno Verissimo's championship winning jersey from last season. Bruno was born and bred in Tavira and is Emily's hero. It was Emily's birthday and she had been running the family's removal business since her husband Neil suffered a heart attack five weeks ago. Neil, having made a great recovery thanks to the dedicated staff at Faro Hospital, was on hand along with their many Portuguese friends to uncork the champagne and toast SC Olhanense the only premier league football team between Setubal and Sevilla.



Emily receives her prized present.

Algarve to build eight more five-star hotels

Eight new five-star hotels are set to be opened this year in the Algarve, which currently has 15 five-star units, representing a global investment of more than €500 million.

According to regional entities, two of the new hotels are taking shape in Lagos (which does not, as yet, have an establishment of that category) and two more will be launched in Albufeira. One will open in Lagoa, Portimão, Olhão and Loulé. In Loulé it has been confirmed that its new arrival will be the Conrad Algarve Palácio

da Quinta, which is effectively categorized as a 'six-star' hotel.

Elidérico Viegas, head of the Algarve's main tourism association AHETA (Regional Algarve Hotel and Tourist Resort Association), said that the hotels would "bring more balance to the region as well as making it more competitive".

Algarve Town Halls call for night guards and CCTV

Algarve Town Halls have committed themselves to improving safety issues in the Algarve by contributing towards creating night-guard teams to reinforce local police patrols, as well as installing video-surveillance systems in urban areas, the Inter-municipal Algarve Community announced this week.

Measures to reduce the levels of insecurity throughout the region were discussed in a meeting held at the Faro Civil Governor's headquarters in Faro, which is home to the region's serious security forces, such as GNR, PSP, SEF, PJ and Maritime Authorities, amongst others.

The meeting was requested by the association for Algarve municipalities, "to analyse and adopt measures that contribute to reducing the level of insecurity

noted in the Algarve over the past months", the organism said in a press release.

During the meeting it was suggested that the forces should meet more often and should also, whenever the need arises, inform their local municipalities of issues that could affect safety, like lack of public lighting and the time-keeping of late-night establishments so Town Halls can adopt the necessary measures.

On their behalf, municipal

representatives have committed to creating night-watch teams to reinforce patrolling in more critical areas, as well as installing video-surveillance wherever needed and whenever possible.

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March talks on Portuguese History

D Sebastião

Monday 22 March 7 pm, ASCA, Rua do Comunitário, Almancil

One of the two kings in the history of Portugal to succeed as a minor, D Sebastião came to the throne when he was only three years old. By the time he was 24 he had embarked on his madcap invasion of Morocco that ended at Alcácer Quibir where he lost his life. The catastrophic outcome of his reign was that Portugal jeopardized the first European maritime empire and condemned herself to sixty years of Babylonian captivity under a Spanish yoke. His reign saw the Inquisition take root in Portugal and the publication of the Lusíadas, the epic by Camões. D Sebastião's reign could have been years of triumph, but he left a country divided against itself and easy prey to the acquisitive Philip II of Spain. Today he is chiefly remembered for the nostalgia he arouses in the Portuguese soul as a leader who will return to lift the country again to the broad sunlit uplands. Peter Booker discusses the disastrous reign of D Sebastião and his legacies to his long-suffering

country.

Corsairs in the Algarve Tuesday 16 March at 6.30 pm, Convento São José, Lagoa

Friday 26 March at 11 am, Municipal Library, Tavira

The Algarve has for centuries been a target for pirates and corsairs – from Roman times through to the Barbary corsairs of the early modern period. There have been pirates of all nationalities, including the English and their Drake, and the Algarve has always been vulnerable and difficult to defend. On rare occasions it was Algarvians themselves who became pirates. It has always taken a determined effort to stamp them out, and in 1815 it was the United States Navy which took the leading role for the first time as the world's policeman. Pirates, or corsairs or letters of marque? How much international brigandage was government sponsored? In the latest of his lectures on Algarvian and Portuguese history, Peter Kingdon Booker discusses the role of the pirates in the history of the Algarve.

For more information contact: lynne.booker@iol.pt/ 281 971 567.

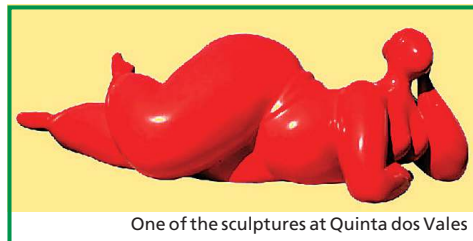
Open day at Quinta dos Vales

Quinta dos Vales is hosting another Open Day on Saturday, March 13th, from 11 am to 6 pm. Please bring some good weather with you or at least an umbrella.

You and your friends are invited to see the developments which the Quinta has undergone during the last three months. We will release on this day some of our new wines and we will introduce also some interesting devel-

opments which we made in the art area. Since January we have our own kilns for ceramic and bronze. We have been able with the help and assistance of an established foundry to transform some of our art pieces into outstanding bronze sculptures. For smaller budgets we have foreseen smaller versions of our original sculptures in ceramics.

Karl Heinz Stock



One of the sculptures at Quinta dos Vales

Old village golf tournament

Despite the dreadful weather, spirits were high for this, the 13th annual event for the Old Village, Vilamoura, owners and their guests. Twenty seven enthusiastic players took part in a competitive and enjoyable game at the Salgados Course on Friday 5th March. The event was sponsored by various Old Village enterprises and the winners in the

various categories were:

Ladies: Jackie Piper; Men: Richard Wiley; Guests: Manny Jones; Nearest the pin: Tim Crawshaw; Longest Drive: Paulo Mendes

Presentation of prizes was held at the Casa do Largo Restaurant in the Old Village where the day's events were mulled over during the excellent dinner.

Provence, Paris and Paderne

Images produced by the acclaimed French artists and married couple, Jean Paul and Florence Clayette (also known as Flock) are now on permanent display at Galeria Corte-Real in Paderne.

Trained at Ecole des Beaux Arts in Aix-en-Provence where they live - like Cezanne before them - they have been influenced by the light, shade, shadows and tones of their surroundings.

Stimulated by contrasting subjects and working in different mediums, both have been invited to exhibit their pictures at prestigious galleries in the South of France and Paris.

Jean Paul is a portrait artist with a special interest in the female form, he sketches with graphite and pastels and paints using oils and aquarelle watercolour techniques. Flock's vibrant still life studies combine raw pigments with sand, ink and overlays of tissue.

Last year, attracted by the Algarve's reputa-

tion for its quality of light, the couple spent time painting in the countryside around Paderne and visiting Corte-Real. The gallery exclusively represents their work in Portugal and features a beautiful collection of their distinctive pictures.

Open: Thursday to Sunday from 11 am until 5 pm; Location: Signs from Paderne, Boliqueime and Ferreiras; Telephone: 918 980 199 or 912 737 762

Carolyn Kain



Drawing by Jean Paul Clayette

All club items are welcome on this page. If you are involved in a local club or have raised money for charity we would like to hear from you. Please send your stories to copy@theportugalnews.com

Bowls Algarve

Gladiators Finish Off Crusaders – Vikings Rampage Over Sinners

The weather once again interfered with this weeks' programme, Tavira Tigers and Albufeira Cats had to abandon their game due to the heavy showers and will replay on 15th March. Alvor Harlequins have been showing strong form lately and this continued in their home fixture against the Valverde Vulcans. Harlequins won by 75-31 and swept up seven points to the Vulcans one. Alvor Gladiators clashed with their close rivals the PDF Crusaders, both battling for third place in the league table. Crusaders were however no match for a determined Gladiators side, who ran out 68-32 winners and took eight points to nil. Amendoira Nuts had a very tight meeting with the Pedras Panthers, Nuts just edging home by 57-54 and six points to two. Over at Valverde, the Vikings have been enjoying their first season in the league and they underlined this with a crushing 78-35 victory over the PDF Sinners and earning six points to two. The final game this weekend saw the Champions Greens taking on stablemates the Amigos but the result is not to hand at the time of going to press. The league table is as follows with just the one final round of matches to play next weekend. Greens clinched the title last week and are on 129 points (with two games outstanding). Cats did not play this weekend but remain in second on 109 (again with two matches to play), closely followed by the Harlequins who are up to 103, Crusaders remaining on 99 in fourth.

Gladiators have 94 points whilst Vikings improve to 86 in sixth. Panthers have 77 points, Tigers are on 74 and Amigos have 66 points. Sinners remain on 61, Nuts now have 59 and the Vulcans have 25 points.

INTER CLUB CHAMPIONSHIPS

The Inter – Club Championships have reached the semi final stages and several games were played last week due to several players having multiple commitments. Especial congratulations to Maggie Dance from Alvor who has reached five semi-finals and also to Jeff Perry from Valverde and Catherine Webb of Alvor who have both qualified in three semi-finals.

The first triples semi was an all-Alvor encounter in which Mike and Catherine Webb and Bill Seed were defeated by John and Maggie Dance and Carla Kenney by 25-16. In the fours, Jeff Perry, Jack Romano, Gui Gomes and Terry Kerr from Valverde, lost out to Alan and Frances Reynolds and Graham and Joan Worrall from Alvor by 21-13. Finally in a tense and exciting pairs semi final, John and Maggie Dance narrowly edged out John and Christina Laskey by 17-16 after a nervous extra end. The remaining semi-finals to be played at Alvor this coming Thursday, 11th March.

Alan Clarke – League Director



Charity Bike Ride

ACCA is pleased to announce our first ever Charity Bike Ride to help children in need in the Algarve. All the proceeds from the ride will go towards local children and we are hoping to raise at least €5,000. But we need your help.

It's quite simple. You ride 50kms and you raise a minimum of €50 sponsorship (that's a mere €1 a km). It will be taking place on: Sunday 2nd May – leaving from Quinta Shopping at 1.30pm

It is open to everyone over the age of 16. All you need is a bike, a helmet (although both can be hired for the day), a reasonable level of fitness and quite a bit of determination.

The route will be a circular one with pit stops along the way. It won't be too hilly or too rough but you should feel like you have earned a drink (or two) by the

time you get back!

Advice and training is available from Activity Algarve (professional organisers of group bike rides across the Algarve). A special training schedule is open to all participants starting 6 weeks prior to the ride and it is advisable to do at least some training so that you don't find it too much of a shock on the day.

Pre-registration is required and will cost €20 (this goes towards the target €50 sponsorship though) and ensures you a place on the ride, a full information pack with advice on training, a T-shirt and a drink and snack on completion.

For further information, sponsorship forms and to book your place, visit

www.accakids.com/news Alternatively email sam@accakids.com or call her on 914665870.

Bike rides

Saturday 13th March 2010 - Movers

Starting Point: Alte :- Av 25 de Abril. There is parking along the road from the cemetery roundabout into the town centre. Let's meet here at 09.45 am, Start Time:- 10.00am

Ride Details

This will be a challenging ride mainly on tarmac roads and a few dirt tracks. There will be a few challenging hills on this ride, but also a cafe stop somewhere along the way

Sunday 14th March 2010 - Shakers

Starting Point: Bikeland :- Estr EN125. Bikeland is on the EN 125 about 400 metres west of the quatro estradas roundabout, west of Almancil. Let's meet here at 09.45 am. (My

truck will be leaving Alfentes at around 09.15 am for the regulars needing a lift) Start Time 10.00 am

Ride details

This will be a fairly gentle ride along tarmac and dirt track roads. There will also be a cafe stop.

Bike Hire - Transport

If you need bike hire or transport, then please do let me know in advance so that this can be arranged. I will aim to be at Bikeland from around 09.00 am to 09.15 am on Saturday and can carry hire bikes and several passengers. Bike hire for Sunday needs to be booked in advance as Bikeland is closed on Sundays, if anyone needs a bike then please let me know and I can collect it on Saturday & return on Monday. Anyone needing transport on Sunday please let me know.

Paul Beesley, 913 226 954

Walking in the beautiful Algarve

Let's Walk...

...Rocha da Pena

Wednesday March 17th

The limestone escarpment of Rocha da Pena is a classic site for spring flowers and birds. This walk will take you up and along the escarpment and also through unknown countryside, 2.5 hours long.

10.30am start meet in the centre of Penina. Take the IC1 north and exit for Messines then follow the signs for Salir, pass by Alte and you come to Benafim. At the roundabout in Benafim go left direction Penina, the road goes up around to the right and after 200m there is a small road to the right for Penina. Drive into the village at meet at the small square at the entrance.

from Arão

Saturday March 20th

This is just a brilliant 2 hour walk through wild unspoilt landscapes, with one gentle climb.

1.30pm start meet at the cafe with no name. Exit A22 for Odiáxere/ Mx Grande and drive towards Odiáxere on the EN125. After 200m turn right towards Arao and follow the road for about 3km. It passes under the A22 and soon after bends right over the river, the cafe is on the far end of the bridge on the corner.

All are welcome to come along - there is no need to book (there is

a charge of 5 euro per walk which includes a donation to charity). Please wear comfortable shoes, bring some water and a sense of humour!

If you require more details please call: Julie Statham 965 753 033 / 922 244 242 or www.portugalwalks.com

...with our dogs

Sunday March 21st

The annual walk for the Bambu animal sanctuary at Raposeira. There will be the option of a 45 minute and a 1.5 hour walk for all dogs, well behaved owners are very welcome. Do come and support it will be tremendous fun!

There is a minimum charge of 5 euro per owner, please give generously as the sanctuary is under more and more pressure to take unwanted animals in these hard economic times.

10.30 start at the cafe O Sapino in Figueira near Salema. Take the EN125 towards Sagres, after Budens turn left at the next lights and follow the road into Figueira, the cafe is on the right on this road. Walk leader: Julie Statham 965 753 033 / 922 244 242.

East Algarve Walks Tuesday & Friday mornings

For more information contact Brian: 913 595 868, brian@moonlightservices.eu, www.moonlightservices.eu

International Women's Day

The UN International Women's Day (which officially falls on Monday March 8th each year) was celebrated last Sunday with a special service at St. Andrew's Church in Lisbon which was extremely well attended.

Many nationalities were represented and the readings were made by Heather Shiell, Chair of the local WRVS and Isabella Lewis from St. Julian's School who is a regular youth member of St. Andrew's Church.

The guest speaker was the Very Rev. Dr. Sheilagh Kesting, an historic person in the Church of Scotland. During 2007-08 she was the first woman minister to serve as Moderator of the General Assembly which is the highest church office in Scotland.

During the service a confession of faith was made in the form of **A Women's Creed** (from the Presbyterian Church of Colombia) which included the following words:

*We affirm the history of women
As the history of humanity.*

*We are gatherers of fruits,
peasants, farmers, artisans, workers,
mothers, scientists, doctors, housewives and economists*

*We give our life, we are hidden workers,
Without wages at home and bread winners in society.*

We recognise this diversity and versatility.

We rejoice in our intuition and our thinking.

*We confess our faults and fragility,
Because we have accepted violence and injustice
in relationships between men and women.*

www.standrewslisbon.com



Young women attending the special service at St. Andrew's Church in Lisbon to mark the UN International Women's Day

OBITUARY

Esther Dunne

Esther died peacefully in her sleep on Monday, 1st March, aged just 59, having suffered from Emphysema and related illnesses during the past few months. Although her health had deteriorated, her warm and loving nature and love of a good 'craic' continued. She was known by the many people who loved her, in the Algarve, Ireland and the UK, as a cat-loving, party-loving Irishwoman with a huge heart (although, sadly, not lungs - she had severe asthma from childhood).

She studied at the Grafton Academy and the world-renowned St. Martins College of Fashion and worked in the 'rag trade' in London as a designer for most of her career. She adored good design, good wine, ancient history and travel and had a long-term love affair with France, although it was in her beloved Algarve she made her home for the past 11 years. Children were

drawn to her generous nature and obvious interest in their lives and her many nieces and nephews, both family and 'adopted', will miss her terribly.

With her lifelong friend, Joan, Esther designed and made lovely clothes for many lucky women throughout the Algarve through their Almancil 'atelier', Emerald.

She'll be sorely missed by her family and the many friends who loved her dearly and who will remember her with affection and a fond chuckle.



Swim for Madrugada

This event is open to all ages and all level of swimmers.

On Sunday May 23rd Boavista Golf and Health resort is donating the use of the pool to all swimmers who would like to take part in a sponsored swim for Madrugada.

For more information call

Yvonne Fisher on 917953914, pop in to the Fitness Centre at the Boavista Resort or meet with Yvonne at the Boavista Swimming Pool on a Saturday morning.

Help us to Help you.

Madrugada, supporting people affected by life limiting illness.



Unloading ShelterBoxes in Haiti

Rotary Disaster Support

Rotary Club Estoi Palace International is supporting the ShelterBox organisation which provides shelter and lifesaving equipment to those that need it. Each box provides an extended family of ten with emergency shelter, and life-saving humanitarian aid items that restore their dignity and give them the means to start rebuilding their lives. The contents are tailored depending on the nature and location of the disaster, with great care taken in sourcing every item to ensure it is robust enough to be of lasting value.

ShelterBox was founded, by Tom Henderson a Rotarian in the UK in 2000. Although there were many organisations and agencies providing disaster aid in the form of food and medicine there was little support in providing shelter to help the victims through the first few days, weeks and months as they tried to rebuild their lives. ShelterBox was launched to fill that need.

Each ShelterBox is a large, tough, green plastic container that holds a 10-person tent and a range of other equipment which typically includes thermal blankets and insulated ground sheets, a multi-fuel stove, cooking pans, utensils, bowls and mugs, water containers and water purification systems, and a basic tool kit. The box also has a children's pack containing drawing books, crayons, pens etc.

The boxes themselves are tough containers that can be very useful and are ideal for food or water storage. They have also been put to use as cots, tables and for general storage and transporting other materials.

In 2004 the urgent need was sadly demonstrated with the devastating tsunami affecting Indian Ocean countries. Dona-

tions and volunteers poured in to the ShelterBox organisation and within a few months more than 22,000 boxes were delivered to the affected region to provide vital emergency relief.

ShelterBox has grown rapidly in response to need and has provided emergency relief following more than 85 disasters in over 55 countries. That need continues as ShelterBox has dispatched thousands of boxes to Haiti and is now also active in Chile.

Whenever ShelterBoxes are dispatched to disaster areas a ShelterBox Response Volunteer Team are sent as well to work closely with local organisations, International Aid Agencies and Rotary clubs to ensure that the boxes are speedily and properly distributed to the areas of greatest need.

ShelterBox relies entirely on donations to make its work possible. ShelterBox is a Global Rotary Club project supported by the worldwide Rotary network.

Rotary Club Estoi Palace International will be arranging a number of fund raising projects in support of ShelterBox the first of which is a wine tasting/dinner on Thursday, 8th April when Producer Rui Virginia will present his award-winning wines from Quinta do Barranco Longo, which will be served with appropriately matched Portuguese dishes. The event will be held at Restaurante/Garrafeira Veneza in Mem Moniz, near Paderne.

For further information or to book please phone Claire on 91 6787 925.

Information about ShelterBox is available on their web site www.shelterbox.org

Information about Rotary Club Estoi Palace International www.rotaryestoiapalace.org

Algarve St Patrick's Party

good craic assured on Saturday 13th

A few places remain available for the Algarve St Patrick's Society's biggest bash of the year, to be held next Saturday (13th).

This annual celebration of St Patrick's Day is always a well-attended, fun-filled evening. It is again being held at the Vita Petra Hotel in Albufeira. It will be an evening of dining, wining, music, dancing and all-round good craic.

A choir under the direction of Marganne Meiklem has been rehearsing for a special performance of Irish folk songs. The guitar-vocalist Nigel Croxman, dancer Judy Cunningham and DJ Mark Damon will also be entertaining the party.

Attendance is not restricted to St Patrick's Society members, to Algarve residents or to Irish

nationalists. It always attracts a range of nationalities, including some holidaymakers.

The committee of the St Patrick's Society have been at pains to keep prices as low as possible. Tickets are just €30 for members, €35 for non-members. This includes dinner and drinks. The hotel is offering special rates for those wishing to stay overnight.

Proceeds from the evening will go to the Castelo de Sonhos (Castle of Dreams) charity, which works tirelessly to help the young, the aged and families-in need in the Silves area.

Tickets for the St Patrick's Party can be reserved by phoning Marie Heley on 939564614.

Help for Castelo de Sonhos

On Thursday and Friday night, at the Cine theatre in Silves, 4 short comedies were presented by the "Benefactors"

Everyone enjoyed the performance and 757 Euros were raised for the Castelo de Sonhos.

Many thanks for the cast's generosity and the support of the audience.

Meanwhile, the Beetle Drive, held on the 4th March at the Cine Theatre in Silves raised 200 Euros

On the 20th March the Angels Theatre Group are presenting a

Music Hall revue at the Hotel Garbe in Armachão de Pera. If you haven't already got your tickets, get them very soon as they are selling very quickly and space is limited.

Please contact Celia on 282 332 665 or Hotel Garbe on 282 320 260. There will be a three course buffet with wine for the evening and scintillating entertainment of song, mirth and Drama.

The proceeds will be going to the Castelo de Sonhos.

Wigs and Tankards

It is not every day that a young theatre group is donated the complete wardrobe and props of a long established English theatre company.

The Angels Theatre Group, recently formed on the Algarve to entertain for Charity is the delighted recipient of the Jefferies English Theatre effects.

Victor Graham and Suzanne Jefferies are both well known thespians and with their company have performed and produced many successful productions over the years, along the length of the Algarve.

They have brought a level of professionalism and talent to the local theatre scene, supported by their early years at the Royal Academy of Dramatic Arts in London and their own company in Scotland.

For many years tourists and locals alike have been delighted to attend their shows but after having dedicated their lives to the theatre they have decided to wind down their company.

In the true tradition of "The Show Must Go On", they have chosen to give encouragement and support to The Angels by donating them a treasure trove of costumes, effects and accessories... This is truly an Alladin's cave.

There are boxes of gloves, hats, shoes and a trunk full of props, which include a great many pewter tankards and one

false hand!

Probably not for use in the same play.

A large quantity of wigs, in all styles and colours, will ensure that future productions from the Angels will have resources to help promote their charity endeavours.

The Angels are thrilled and delighted with this generous gift and wish to thank Suzanne and Victor for this wonderful gesture.

They have been given Honorary Membership and invited to attend all future shows performed by the new group.

The Angels are hoping they may be persuaded to stage guest appearances in future shows, where they will be always welcome.

More information can be found on www.angels-theatre-group.com

P.S. - The Angels are now desperately looking for clothes rails and storage space. Can you help?

The next production of a MUSIC HALL REVUE, to benefit Castelo de Sonhos, Silves, will be at the Hotel Garbe March 20th. (see above)

Tickets at Hotel Garbe 282320260.

Joro Lda in Almancil 289 390830.

Celia Mossman on 282 332665.

28€ to include full buffet, wine show and song sheets.



Marion and Susanne

Trash and Treasure

The Distribution to Charities Meeting and the Annual General Meeting of "Trash and Treasure"

(ABS EmP) will be held on Tuesday 16 March at 10.30 am at the shop. All members welcome.

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and should be under 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@theportugalnews.com

Re Motorhome parking

SIR, I just can't believe Mrs. Robertson's brass neck to act as she is, over getting a fine for 'wild camping'. She says she can't afford campsites and comes for a cheap holiday. Maybe she could tell us if the town where she lives in England would put up with 100s of people camping in the town. Spain has stopped motorhomes doing this, which is why so many of them litter the coast line of the Algarve.

We live in a seaside town in the South of England and I [can] certainly say she would not get away with it there, plus she would have to pay just to park her car, and I think this is true of most towns in the UK. You also have to pay over £15 to park for longer than 2 hours on a motorway.

I believe she will find that wild camping is banned on the Algarve, but some places seem to turn a very blind eye to 100s of them. Quarteira is one such place and it looks dreadful. It's full of them parked on the beach, roads, car parks, etc. I am pretty sure it will put most people off seeing where they dump their toilet waste. If she wants free [camping] then maybe she should leave the Algarve and [go] to another part of Portugal.

As for not many campsites, she can't be looking very far we have seen loads. We also have a motorhome and come for 5 months, but we go into a campsite and certainly get more than just a place to park - Wifi and showers are just some of the perks, and we are in a secure place, which is locked of a night and if

you put the cost of the campsite against the cost of heating your home in the winter, then we think it's a lot less than the €11 she claims she can't pay.

TWO HAPPY CAMPERS,
By e-mail

Rich gypsies

SIR, What is it with motorhome owners? Most folk visiting beautiful Portugal pay their way, why on earth should these rich gypsies, who, if they spent half on the motorhome and the other half on legal sites, of which there are plenty if research is done, want free stays here? And how many empty their loo cassettes, every few days, in unauthorized places, i.e. the Ria Formosa national park?

Ohlão, at great expense, built a new car park [but] most times you can't park in it for motorhomes, with as far as I know, no power, water or healthy place to empty their loo cassettes. The hope is, a barrier placed across the entrance will prevent gypsies entering.

Regarding the local economy, most visitors not only pay on official sites but do all their shopping locally, so called wild campers are doing the economy harm by not paying their way. A charge of €8 for wild camping per night would soon alter their ways.

DAVE HENRY,
Moncarapacho

Wild campers

SIR, In response to the letter from Mrs. Val Robertson, of March 6th, I would remind Mrs. Robertson the law strictly requires Algarve camping activities

to take place within an official site and therefore if people choose to 'wild camp' they are breaking the law. She objects to paying for campsite facilities because apparently they charge €11 per night. Come off it, your motorhome wasn't exactly something free out of a Christmas cracker, it was probably expensive, so €11 per night for a safe parking area, which I presume has WC facilities and electricity, seems like pretty good value I would say.

I doubt Mrs. Robertson would be so happy to see similarly large groups of travellers that frequent my home town and many others in England parking up their motorhomes in her backyard.

She talks about waste areas where the Council could set up a camping site so she can have water facilities and somewhere to dump the effluent all for €2 per night - go steady on the spending Mrs. Robertson! These waste areas she refers to are probably owned privately and let's face it, who wants to see dozens of caravans and motorhomes on a so-called waste area. Have you ever taken a look at what a sorry sight a bunch of camper vans look like with washing on lines strung out and satellite dishes that make it look more like a gathering of BBC outside broadcast units.

I live in Alvor and while the local businesses welcome campers you can not simply commandeer a total car park as is the case at the moment. At the unpaved car park near the Sports Center in Alvor due to the size of these vehicles they have ripped up the ground, and when it has rained and leaves the area with mini lakes for others to attend to after they have flown back north.

When campers park up in public car parks, including car parks where it is illegal to camp, and on the edge of beaches, etc. I would like to know where they get their water from for washing? Do they pay for it - I doubt it. Where do

they get rid of their waste matter - by raising up a manhole cover as some campers have been seen to do and dumping the waste in what could actually be for rain-water and not sewage?

The bottom line in my view is simply this - you just want to park as close to the beach as you can without paying a cent. Do the right thing and check out the facilities and the law before entering a country.

CAMPERVANS SUCK, By e-mail

Motorhome parking 1

SIR, Mrs. Val Robertson of "England" complains that she is unable to park her mobile home on "waste ground" in Portugal for 3 months and is not prepared to pay €11 per night to stay in licensed campsites as she tours the Algarve (Letters, 6 March). She would not of course be permitted to camp anywhere she likes in England, but she seems to think it is OK in Tavira and Manta Rota.

She concludes by stating that she will not be visiting this "beautiful country" again. I'm delighted to hear it Mrs. Robertson! I do not object to the odd overnight stopover but I certainly don't want you turning my adopted country into a gypsy camp. Nor do I want to encourage tourists who won't spend £10 per night for their accommodation. I wish her luck in finding another country that welcomes free-loaders.

DAVID FOOT, Stanmore, UK

Motorhome parking 2

SIR, With reference to the letter from Mrs. Val Robertson of England. I was really pleased to hear that some areas are now finding people for parking illegally.

Here in Armazém de Pêra, we have a terrible problem with people parking in the car park, then

staying overnight or even longer, which is not allowed. Not only that, they put their own lives at risk if they park to [close to] the notoriously fragile cliff edge. We have at least two *campismo* at either end of the town, and most people are willing to pay to stay there, as it is easy enough to walk into town. No, we do not expect you to stay in a hotel, as you ask Mrs. Robertson, but we do expect you to fork out the small amount of €11 and stay in the appropriate place, instead of spoiling the sea front with motorhomes and caravans. We live here and have to pay council tax, why should you visit and pay nothing? As was stated recently in a newspaper, the 'Algarve loses millions from motorhomers.'

If these cheapskates are spoiling your area, please write a letter to your local Câmara as they do not take action unless they get complaints by letter. Armazém is a tiny town and needs the revenue it should be getting from illegal parkers.

RUTH M-D., Armazém de Pêra

The Mounties

SIR, It was great to read the article by Mr. James Clark, Dep. Chief Of Police, Retired, Toronto, 6th March. He clearly has a professional insight into crime we experience in the Algarve gained from his once yearly visits and the fact he has served in the Canadian Mounties. Clearly all that mountain air has eroded his brain cells because the comments in his letter clearly blame the victims for the crime.

I think we are all sensible enough in this day and age not to leave our windows open or our homes unlocked, this is common sense which I feel Mr. Clark is saying we have none of... maybe all that sun has eroded our brain cells.

Maybe Mr. Clark could make a quick trip to reality and read the press here of the last year because the last thing on our minds is worrying about leaving purses in shopping carts or is Mr. Clark having a pop at females, or is it because we all have moved to Portugal from other countries... does that make us stupid...?

If Mr. Clark reads this letter I would appreciate he educates us to the Simple Safety Rules because I have not been to school and all I know about Mounties is that they ride horses and have big guns.

GAVIN WAYMARK, By e-mail

Drivers licenses

SIR, I am amazed how antiquated the Portuguese driver's license system is here in Portugal when they have made so many strides in other fields. My wife has been waiting for over three months for her new drivers license and still does not have it. When you get older you have to get a new license every two years, however they way Portugal renews driver's licenses, you spend half of the two years waiting for your new license.

I do not know about other countries, but in America, if you need to renew your driver's license or you have lost it or had it stolen, you can go into a DMV (department of motor vehicle) location, present the correct ID and they

give you an eye test right there and take your picture, you sit down and within 15 minutes they call your name and give your new license. The same thing could be done here. There are inspections all over Portugal, if they set up this system at these locations, they could speed up the process, cut the cost of paperwork and save people time and money. There would be some cost to set it up but in the end they would make more money because of the steps saved and it could all be done on computer.

It is time Portugal gets up to date with drivers licenses, just as they are catching up on other things.

JEAN DANIEL, Estoril

The Ryder Cup for Portugal?

SIR, What planet do the people who are responsible for the dire state of golf for any aspiring amateur or professional in Portugal, that must include the Algarve, live on? No wonder Portugal lacks a real 'pro' class! I have written to the tourist people for many years, directly and via the media, [and on] the tourist office suggestion forms regarding the obvious over pricing of 'pay to play' on all the Algarve courses, that does nothing to encourage the playing of the game by Portuguese/Algarvian people, and obviously impacts on would be visitors!

Faced with the very real reluctance to pay the silly, greedy green fees, golfers are not stupid they have choices worldwide to enjoy the game, at reasonable fees, not so in the Algarve.

That Portugal, without one public course to encourage development of the game at grass roots level, should tender for the Ryder Cup is an insult to an already far too commercially led event that has lost its original Samuel Ryder ideal - by a massive margin. This significant negative is lost by those intent on making the Ryder Cup a 'gravy train'.

Both Portugal and Spain are prime examples of what golf should not be about, a sport and pastime only available to the wealthy, who have lost sight of the future for aspiring Seves or Faldos at an affordable cost, [their] priorities are all wrong, led by short term profiteering.

Without a thriving schoolchildren based 'grass roots' opportunity, that does not exist at present in Spain or Portugal, the existing very poor professional game can only become worse. Yet the US and UK have golf academies, golf foundations and scholarships both Spain and Portugal could avail themselves of, but choose not to. Is that negative by the respective ruling bodies?

JOHN TURNER, S. B. Messines

Portuguese for Beginners



LESSON 28

Shops

⇒ Onde compramos o quê? (Where do we buy what?) Match the numbers - on the left - and the letters - on the right - to say where we buy the products listed below:

- | | |
|-----------------------|---------------------------|
| 1. No pronto-a-vestir | a) fiambre; presunto |
| 2. No supermercado | b) água destilada |
| 3. Na ouriversaria | c) um perfume |
| 4. Na charcutaria | d) sardinhas; atum |
| 5. Na perfumaria | e) charutos; cigarros |
| 6. Na papelaria | f) um casaco; uma saia |
| 7. Na pastelaria | g) uma revista; um jornal |
| 8. Na farmácia | h) um bolo de aniversário |
| 9. Na tabacaria | i) bifes de peru |
| 10. No quiosque | j) azeite; leite; ovos |
| 11. Na sapataria | k) um dicionário |
| 12. Na drograria | l) pão; papossecos |
| 13. Na padaria | m) um fio de ouro |
| 14. Na peixaria | n) comprimidos; xarope |
| 15. Na livraria | o) um par de sapatos |
| 16. No talho | p) um caderno; lápis |

No pronto-a-vestir nós compramos um casaco e uma saia. 1. f)

⇒ Choose the correct word from the box to complete the dialogue between 'C' - cliente - and 'E' - empregado:

cêntimos	quero	troco	deseja
obrigado	euro	um	médio

C: Boa tarde.

E: Boa tarde. O que _____ ?

C: _____ pão integral, se faz favor.

E: É para já! É _____ pão pequeno, _____ ou grande?

C: _____ e bem cozido.

E: Muito bem. São setenta e nove _____ .

C: Aqui tem _____ .

E: Aqui está o seu _____ : vinte e _____ . Muito _____ e até à próxima.

C: _____ .

Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me:

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Browser Wars: The Beginning



In the beginning, there was Netscape. Netscape was the Mozilla-based browser that dominated the World Wide Web. Along came Internet Explorer (IE): the sword that Microsoft would use to conquer the internet.

In April of 1996, Netscape controlled 90% of the browser market, with lowly IE possessing a mere 3%. But this would not last. By the second quarter of 2004, IE controlled 95% of the browser market, and Netscape was dead. How did IE accomplish this? Simple: Better performance and better features.

The Contenders

In the years that would follow IE's destruction of Netscape, occasional attempts at competition would arise. Some of them from Netscape itself (Netscape Navigator, Netscape Communicator, AOL-Netscape, etc.). All of them failed. Newcomers to the scene could not produce significant enough improvements in feature set or performance. IE also had the considerable advantage of being installed on every desktop PC that shipped with Windows. It seemed like IE's dominance was inevitable.

Along Comes Firefox



For a few years, it looked like Firefox would wallow in obscurity along with other niche browser options (Opera is another). But in the last few years, Firefox's market share has been surging. In mid 2004, IE had 95% of the browser market to itself. The browser was appeared to be over - permanently. By the end of 2009, IE's share of the browser market had dropped to 58%. Most of that loss being due to Firefox, which had surged to control 23% of the market.

Why is Firefox Gaining Ground?

One simple answer would be: it is better. It is encroaching on IE's market dominance in the same way IE pushed out Netscape: better performance and better features. But specifically, why is Firefox beating IE?

Performance

Firefox pared down the Mozilla source code in order to maximize performance and strip out unnecessary features. It is also open source, which allows an entire community of developers to find and fix bugs and inefficiencies. It makes use of XUL (user interface markup language), which preserves its cross platform capabilities while also making extensions and themes simple to create. In general, Firefox loads faster, uses less memory, and even loads

most web sites faster. That is hard to beat.

Tabbed Browsing

One of the "killer features" of Firefox was the introduction of tabbed browsing. This allowed multiple web pages/sites to be opened in tiled windows within the application. This was easier and used less memory than opening multiple instances of IE, and it kept all your sites organized in a single application. This single feature alone played a huge role in converting people to Firefox.

Extensions

As already noted, the XUL user interface markup language made it possible for developers to create "extensions", which were additional programs to enhance Firefox's functionality. This was yet another benefit of the open source nature of Firefox - it attracted a huge community of interested and talented programmers devoting any free time to improving the product. Extensions can add all sorts of extra functionality to Firefox: from improved bookmarking systems, to filtering objectionable content, to automatic form fillers and just about anything one can imagine. Instead of just piling all these features into the core browser (causing bloat and poor performance), users could easily pick the ones they want and install or uninstall as they chose.

What Happens Next?

The biggest barrier to Firefox passing IE's market penetration was the simple fact that IE came pre-installed on every Windows



PC. However Microsoft recently decided to release Windows 7 in Europe without IE8 saying that the company must abide by the law of the European Union. Microsoft Deputy General Counsel Dave Heiner stated "We're committed to making Windows 7 available in Europe at the same time that it launches in the rest of the world, but we also must comply with European competition law as we launch the product." Heiner wrote. "Given the pending legal proceeding, we've decided that instead of including Internet Explorer in Windows 7 in Europe, we will offer it separately and on an easy-to-install basis to both computer manufacturers and users. This means that computer manufacturers and users will be free to install Internet Explorer on

Windows 7, or not, as they prefer. Of course, they will also be free, as they are today, to install other Web browsers."

Comparing Mozilla Firefox directly to Internet Explorer

As a consumer, what really is the difference between Firefox and Internet Explorer and which is better? There are proponents and opponents on each side of the debate.

First of all, both browsers are free. Internet Explorer comes with most computers at no cost to you, and you can download Firefox at no cost to you. You can surf the Web and Google anything that you need using either browser. Perhaps some of the main differences lie in how the browsers display websites. Firefox gives you more space for viewing web pages. This basically means that you will have to scroll less than you do in Internet Explorer. Also, when you are viewing websites, Internet Explorer tends to have a kind of gray shadow behind images while images tend to show up clearer on Firefox.

Another difference is that pages in the new version of Internet Explorer (Version 8) load about two seconds faster than in Firefox. While most people aren't worried about a two-second difference, it still is a distinction between the two browsers. Also, pixels show up differently depending on which browser that you use. Paragraphs and sentences can shift, but you can still easily read text in both browsers.

Is Firefox Safer than Internet Explorer?

Many people consider Firefox the safer of the two browsers for two reasons. First, it comes with a built-in pop-up blocker. So, you almost always have to instruct the browser to allow pop-ups if you need to see a pop-up on a particular page. With Internet Explorer, you may manually have to change your settings to stop pop-ups. (Internet Explorer 8 comes with this feature preset.)

There's more, however, to the

safety angle with Firefox than just the pop-up blocker feature. Since Internet Explorer comes with most computers, it's used by more than 50 percent of PC users. Firefox is used by around 20-30 percent of this population. Hackers tend to want to target the largest audience with the least effort. So, basically, these people will more readily look for the holes in Internet Explorer before moving onto a lesser-used browser like Firefox, making Firefox a bit safer than Internet Explorer. However, the latest trends do show Firefox's market share continuing to grow.

CMS and WordPress Compatibility

When it comes to CMS (Content Management System) compatibility, Internet Explorer is the sure leader here. If you create buttons using CMS, sometimes they will not work in Firefox. Firefox does not properly read CMS code, but Internet Explorer does not have a problem with it. Also, if you write blogs, many blog sites, including WordPress, work better in Internet Explorer. You can't edit your blog in Firefox because it won't code properly. And, once you upload and publish your blog, the blog may look unformatted or pictures may be out of place in Firefox.

But, you may still ask which is better? It really depends on what you prefer. Both will work fine for most people. You just need to decide which one works for you.



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Coming of age

Volkswagen Polo's latest seven-speed variant is specifically noted for its tidy centre console featuring excellent multi-media and navigation interface, complete with iPod and USB inputs. Stylish cloth upholstery and a sporty three-spoke steering wheel add to the appeal, while the front seats are exceptionally comfortable and supportive.

The Volkswagen Polo has grown up. Traditionally the diminutive cheeky chappie in the German manufacturer's range, the super-mini mainstay has had its position usurped by the even cheekier Fox.

Although lighter than its predecessor, the fifth generation Polo has bulked up in response. 5.5cm longer and 3.2cm wider do not look like a great deal on paper, but the additional dimensions are enough to make a considerable difference to the model's visual presence. The fact that it's half a centimetre shorter than the old Polo exaggerates the effect.

But the Polo hasn't merely grown in stature; it's developed a more mature appearance as well. From a distance it can easily be mistaken for latest incarnation of the Golf. The wide grille is much more reminiscent of the Scirocco and Passat, too.

After 34 years and five incarnations it should come as little surprise that the Polo has left puberty behind. It's not the only model in its class to have come of age recently. The Ford Fiesta, Opel Corsa, Seat Ibiza, Honda Jazz and Mazda have all got bigger, safer and smarter. A new Citroen C3 rage is imminent and the Alfa Romeo Mito has injected some luxury into the market.

The Polo's shift towards a more sophisticated form is a timely one then, and backed by substance, too. Most notable of

the new introductions is the latest seven-speed variant of Audi's DSG twin-clutch transmission.

Available only with the 84bhp, 1.4-litre petrol engine, the extra cog is intended to allow for a lower first gear ratio and a higher seventh gear ratio, thus improving acceleration from stand-still plus fuel economy and refinement on the motorway.

Crucially, the seven-speed DSG unit is lighter and more compact than the six-speed unit, so there's no penalty for carrying it. Designed to work with less powerful engines such as the Polo's 1.4 petrol, the unit saves on weight as its dry clutches require no cooling and so a minuscule proportion of the six-speed's oil. It also requires less power to activate its seamless changes, leading to combined fuel consumption of 5.8 L/100km.

Performance is very reasonable too, certainly seeming sprightlier than the 11.9 second zero to 100 km/h sprint the figures suggest. The lower ratio first gear clearly does the trick, and it's not until the Polo starts to pick up speed that the small capacity engine has to work hard.

A sport setting on the DSG gearbox encourages the unit to rev higher but left to its own devices the car will seek out the power in the upper rev range



Model: Volkswagen Polo SEL 1.4 7spd DSG
Engine: 1.4-litre petrol unit developing 84bhp and 132 Nm of torque.
Transmission: 7-speed automatic transmission, driving front wheels.
Performance: Maximum speed 177km/h, 0-100 km/h 11.9 seconds.
CO2 emissions: 135 g/km.
Economy: 5.8 L/100km.

anyway. The unit itself can be a little raucous under hard acceleration, but at motorway speeds the seventh gear allows the engine to settle down to a more refined level.

It's in-between the extremes that the only qualm with the gearbox and engine combination is highlighted. The transmission sometimes acts as if it's spoilt for choice, changing its mind between fourth and fifth; fifth and six at A-road speed and on motorway drags. Fortunately the slick nature

of the changes means the stumbles are not intrusive, but an occasional tendency to dilly-dally over gear choice when attempting to seize on a gap in roundabout traffic is a side effect.

The relatively large 16-inch alloy wheels of the range-topping SEL model are also influential. As well as looking particularly handsome, they result in a pleasantly firm ride quality that suits the model's nippy town character without detracting from the motorway ride. Agile,

grippy and responsive, the Polo's chassis and steering respond well to an enthusiastic approach.

Inside, the usual Volkswagen Group quality is clearly visible. The tidy centre console of the SEL is the first in a Polo to feature the excellent multi-media and navigation interface, complete with iPod and USB inputs. Stylish cloth upholstery and a sporty three-spoke steering wheel add to the appeal, while the front seats are exceptionally comfortable and supportive.

Initially available in five-door form only, it's a practical four-seater with the potential to carry three children in the rear. Boot space is very reasonable, with a large and light hatch and folding rear seats. As a young drivers' car, small family car or second car the model has all bases covered.

Smart, accommodating and composed, the Polo has definitely grown-up - but it's lost none of its enthusiasm for life. Source: PA/TPN

Al Melling Sports Cars starts production



Car enthusiasts will be pleased to know that Al Melling Sports Cars will soon be producing their Wild Cat model at the Algarve Motorpark's Technological Park.

Al Melling has been involved in the motorsport industry since 1964 and is regarded by many as Britain's most prolific engine designer, best known for his TWR V12 engine that helped Jaguar win Le Mans four years on the trot, for being the designer of TVR's own V8 engine and for being a Formula 1 consultant for over 20 years.

Having sold his company, Al Melling Sports Cars, to Dillys Wilkinson since the passing of his wife last year, Al Melling is now working in conjunction with Mrs Wilkinson in the production of the Melling Wildcat, a high performance roadster. The factory within the Algarve Motorpark's Technological Park will employ around sixty people for the production of both kit cars and complete models.

The Wildcat will cost between €40,000 and €45,000, equipped with a 500bhp engine, although

buyers will be given a choice of engine, with the kit models costing between €18,000 and €21,000. The bodywork of the vehicle is easily changed as it is only held down by four screws, implying that the whole body can be changed in a matter of hours. This feature also allows easy access for mechanics, who never need to go underneath the car to work on the engine. "Buyers can choose the engine they want and all sorts of other features, although it comes as standard with a 4.5 litre Melling V8 engine" said Mr Melling, adding "these cars are very easy to build as they have practically no electronic equipment, they are pure mechanical machines built for the pleasure of driving."

In conjunction with the Wildcat production, the factory will also be working on the Hellcat project, a supercar looking to beat the land speed world record for a production vehicle, with an outrageous 1,400bhp engine powering the vehicle. Al Melling is also involved in an electric car project.

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A tropical heat and healthy coral just five hours away at Le Meridien Dahab resort, Dahab, Egypt.



Brightly coloured fish, in the Gulf of Aqaba.

All scuba diving novices about to go on their first adventure receive the same instruction - never go anywhere without your buddy. That relationship, as my diving instructor in Egypt explained to me on my third day of diving, can prevent you from dying.

With this in mind it was perhaps unwise for him to give my sister - and dive buddy - an underwater camera, just minutes

before our first serious dive.

As she experimented with the underwater settings, I saw my safety disappear in a cloud of fish pictures.

Having spent two days learning to scuba dive among the colourful coral reefs of the Gulf of Aqaba, off the coast of northern Egypt, our dive master John (and Poseidon Diver's answer to Jamie Oliver) had decided we were now ready for a deep dive.

"This dive site is called the Blue Hole," he explains. "There's

nothing to worry about - although the start involves going upside down through a tunnel".

Camera in hand, my sister quickly submerged with the air of an expectant Japanese tourist.

Wishing myself back to our five-star hotel Le Meridien

Dahab - a cool breath of modern luxury just a few miles from this sloshing blue hole in the rocks - I took a deep breath. Then remember I'm not supposed to do that.

On the way down I comfort myself that, if I drown, my sister will definitely catch the moment

on camera.

For newcomers, the initial stages of learning to dive can test your nerves and patience.

Your first day will most likely be spent kneeling underwater in a cold swimming pool, wearing fins and strapped to an oxygen tank.

As you are repeatedly asked to fill your face mask with water, forced to remove your oxygen supply, and told off for crashing while attempting not to shoot to the surface of the pool, you may find yourself questioning your

choice of holiday activity.

Particularly when just metres away on dry land the other guests are being served cocktails by the waiters and revelling in a delightfully temperate climate (no tropical humidity here, Egypt is strictly dry heat only).

I'd made it through those testing times, and as I watch my sister gracefully appear from under a rocky arch into a shoal of yellow fishes, my breathing returns to normal.

The worst over, our dive master takes us on a tour of the coral,



A sea turtle, in the Gulf of Aqaba, Egypt.



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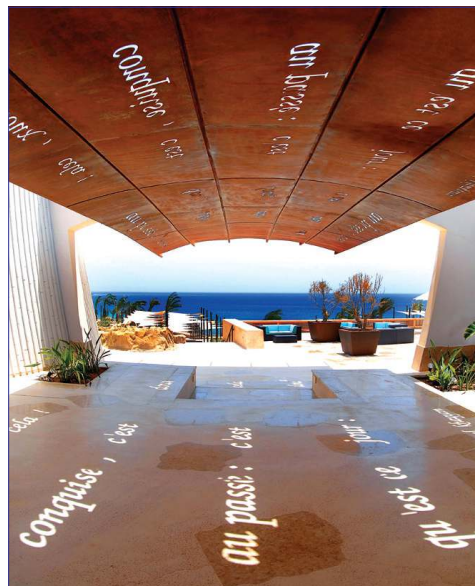
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The words of 18th century Egyptian poet, Omar Khayyam, written in light, on the floor and ceiling of Le Meridien Dahab resort.

underwater Egypt

and I follow, trying hard not to send up clouds of dirt or destroy the delicate reefs.

Pointing out various different fish, he keeps making a strange hand signal which I eventually realise means 'sea turtle'.

Spotting one of these prehistoric creatures (which first appeared about 65 million years ago) is an unworldly experience, and as I watched my sister scare it with her camera, I realise for the first time just how lucky I am to be there.

Our group of three stop to stare into dark holes, where lugubrious, Disney-style fish peered out of the gloom, before swim-

ming through tiny clouds of bright blue swimmers, teased out of their hideouts by our dive master.

The coral tabletops in this part of Egypt are healthy, in beautiful condition and home to a wide range of fish, including a fish called cleaner wrasses that swim into your mouth, or rather the mouth of our 'fun-loving' dive master.

With no more effort than you'd exert in a gentle Pilates session, we glide past these glorious sights, aware that we were lucky to be in a small group with a dedicated guide.

Not far behind are large groups

of divers from the town of Sharm El Sheikh, who crowd into the small dive sites of the Red Sea with irritating regularity.

Sharm is attractive to those looking for affordable diving holidays, but their diving package, which has become so popular in the last decade, comes at a price.

The more people there are on a dive trip, the longer everything takes to set up, and the less intimate your dive will feel.

We are lucky to be staying at a hotel that not only has a dedicated dive school, but has avoided all pressures to join the all-inclusive bandwagon.

Poseidon Divers takes care to avoid all the crowds and, where possible, guides its divers towards dive sites such as the Ras Mohammed National Park, where the only other visitors seem to be marine biologists, who have clearly got the best research gig in the world.

Our hotel, Le Meridien Dahab, is on the outskirts of the former Bedouin village of Dahab, 40 miles from Sharm El Sheikh.

Dominated by a long strip of shops, bars and restaurants, there's still no way to avoid the 'hard sell' typical of Egypt, but



A pod seat on the beach Dahab, Egypt.

the overall atmosphere of the town is hippy rather than commercial.

Bedouin-style cafe and bars, where you sit on floor cushions sipping a drink and looking out to sea, are hard to beat after a day in the sea.

Saying that, guests of Le Meridien are genuinely hard-pressed to find a reason to leave their hotel.

This 18-month old complex was designed by French architect Alain Jaouen. His integration of Egyptian ideas - such as using sunlight to create patterns on the floor - with modern architectural

themes, has resulted in a fluent, balanced and beautifully calming environment.

At certain times of the day the floors show the words of the 18th century Egyptian poet Omar Khayyam - although they are translated into French.

Situated on a long curve of land overlooking the sea away from the town, the large complex boasts a PADI National Geographic Dive Centre, windsurf centre, kids club, fitness centre, tennis courts, three restaurants, five pools, a spa, as well as a beautiful beach which is a great place to switch off from the outside

world.

Travel facts

:: Sarah O'Meara travelled to Le Meridien Dahab Resort in Egypt with Tropical Sky Scuba Diving which offers seven nights' half-board breaks from £759/€848 in June, including flights ex-Gatwick, transfers, taxes and surcharges. Package includes return flights ex-Gatwick with Thomson, transfers, taxes and surcharges. Departures are possible from a range of regional UK airports. For reservations: tel. 00 44 (0)8709079605 and online at: www.holidays4scubadiving.co.uk.

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A lionfish, in the Gulf of Aqaba, Egypt.

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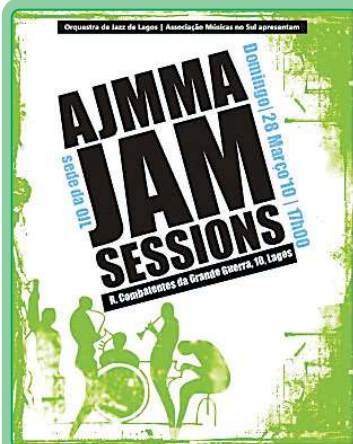
LAGOS - March 13 - Jazz Concert by the Orquestra de Jazz de Lagos included in the Series 'Jazz com Todos' featuring Peter King & Jorge Moniz - Jazz Com Todos (Jazz With All) marks the return of one of the great saxophonists of the world today, recognized by his peers and the general public, and in the four corners of the world. We speak of the English saxophonist Peter King. Peter King will also be the guest soloist of the Lagos Jazz Orchestra Redux, or OJL Redux, a side project to the complete OJL Big Band, with Musical Direction by Hugo Alves. The repertoire will edge the boundaries of hard-bop and some American jazz standards. This concert will also have a second guest, the acclaimed drummer Jorge Moniz, who has just launched his very successful first CD 'Deambulacoes'. - Centro Cultural de Lagos at 21h30 - Tickets: €6 - Rua Lançarote de Freitas - 282 770 450 - centrocultural@cm-lagos.pt



GUIMARÃES - March 18 - The Beach House present their new album at the Grand Auditorium of Centro Cultural Vila Flor - 22h00 - Ticket price: €20 (£17.50 with discount) - The Beach House return to Portugal to present, live the latest disc from the band. 'Teen Dream' is the third album by the American duo formed in Baltimore. Although they are on their way to 30yrs, Victoria Legrand and Alex Scally said to have the same passion and obsession that they had as teenagers. 'Teen Dream' is proof of that. - Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt



TAVIRA - Saturday, 27th March - Spring Bazaar, in the Mercado da Ribeira from 10h00 until 13h00. The bazaar is being organised by the Távira Fund Raisers and all profits will go to the Canil São Francisco at Loulé where abandoned and neglected animals are taken in and looked after. Stalls will include books, clothes, jewellery, home baking, hand made cards. Donations needed of good quality second hand clothing and bric-a-brac. Contact Pat on 281 323 493 or Cynthia on 281 324 795.



way. Lots of Jazz for all, with the Jazz with All! - OJL headquarters at 17h00 - Avenida dos Combatentes da Grande Guerra, nº 10 - Mobile: 913 469 025 / Fax: 309 919 022 - info@orquestradejazzdelagos.com

LAGOS - March 28 - Jazz Concert by the Orquestra de Jazz de Lagos included in the Series 'Jazz com Todos' (Jazz with All) featuring the now traditional AJMMA Jam Session, open to all who wish to listen to the students of AJMMA, and other musicians who are joining along the

ALMANCEIL

APRIL 3 TO MAY 13



Centro Cultural São Lourenço presents the Exhibition by Karsten Fuge 'Objects, watercolours and oil paintings' - The inauguration of the exhibition is at 19h00 - At a time where art revolves around superlatives and gigantism, Karsten Fuge continues in his dedication to the art of miniature, all the while reaching out for absolute, extreme perfection - For more information please call Centro Cultural São Lourenço on Tel: 2859 395 475 / Fax: 289 393 281 / ccsl@iol.pt / www.centroculturalsaolourenco.com

LAGOS

MARCH 12 TO 27

Something for everyone - 12th: Disco and Karaoke at the Restaurant Mirage, Praia da Luz - 18th: Spices of India Curry Night at Restaurant Pashmina - 24th: Bangers and Mash Quiz at the Burgau Hotel - For more information on above events please contact: Annette on 282 762 620 or Joan on 967 732 508 or visit the Charity Shop in Praia da Luz - Also in March: Tina Turner Night(s) 26th and 27th..... for



more information please contact the Burgau Hotel - Also on 26th: Sky Dive by Karolina around 10h00 from Alvor Flying Club - Monies raised by Karolina, through sponsorship, will be donated to Madrugada, supporting people affected by life limiting illness - caroline.world@gmail.com

MARCH 20



The Nandi Animal Charity Shop is sponsoring a clothes sale at the

Almádena Social Club - Men's, women's and children's clothing will be on sale for 50 cents per item. The sale will run from 12h00 until 17h00 - All proceeds go to helping stray and abandoned animals in the Western Algarve - Come one, come all!

MARCH 21

Tree Day at Lagos Zoo - For only €5, children and grownups have the opportunity to visit the Zoo, see the show by Maria João Abreu and participate in educational and fun activities dedicated to the Tree Day - 212 327 920

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SOUTH

MARCH 27

Inauguration at 20h00 of the Painting & Stained Glass Exhibition by Tina Gonçalves at Art Gallery 'Arrecadação da Luz' at Praia da Luz - arrecadacaodaluz@sapo.pt

DAILY

Visit the new Charity Shop in Amádena - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - LAPS - Lagos Animal Protection Society - 282 687 334

EVERY MONDAY

New Orleans Jazz free concert at Tivoli Hotel - 20h30 - Details: 935 086 365

PADERNE

DAILY

Art Exhibition at Galeria Corte Real - The collected works of 35 artists with new exhibitions staged every month. Also includes ceramics, hand crafted chandeliers and other items of contemporary art - Artists displays at the gallery are frequently changed and the general comment above is reflective of what can be found there at any time - Signposted from Ferreira, Boliqueime & Pademe - 918 980 199 / 912 737 762

PORTIMÃO

MARCH 16

New Orleans Jazz at Mariner's Bar on Rua Santa Isabel - 20h30 - Reservations: 914 806 310

MARCH 18

New Orleans Jazz at Casa Inglesa on the Main Square river front - 20h30 - Reservations: 934 954 348

SILVES

MARCH 12, 13, 14

Café Inglês programme: Friday, 12th: From 20h30 'Mostly Harmless', Folk, rhythm & blues - Saturday, 13th: From 20h30 'Zé Manel Martins', Afro latin guitar & vocal, www.myspace.com/zemanelmartins - Sunday, 14th: From 15h00 'Marenostrum', Portuguese rhythms / folk, www.myspace.com/marenostrumportugal - Reservations: 282 442585 - All events are free of charge

TAVIRA

MARCH 13 TO APRIL 2



Regional Gastronomy Festival - Food lovers can taste

typical meals enjoying the beauty of the mountain landscape as background, while participating in a contest to win a weekend as a prize on the following hotels: Herdade da Corte, Mesa do Cume, Monte Velho, O Constantino and Quinta do Marco that are part of the Gastronomy Festival - www.cm-tavira.pt

NORTH

PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - 220 120 214 - Avenida da Boavista, 604-610 - www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

GUIMARÃES

MARCH 13 & 14



Pigmaleão by Pedro Mexia - Small auditorium of Centro Cultural Vila Flor - 22h00 - Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt

MARCH 18



Beach House - Grand auditorium of Centro Cultural Vila Flor - 22h00 - Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt

www.theportugalnews.com

CENTRE

CASCAIS

DAILY

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

ESTORIL

DAILY

Casino Estoril - Praça José Teodoro dos Santos - 214 667 700 - info.estoril@estoril-sol.com

LISBON

DAILY

» **Mercado da Ribeira** - On the riverfront, this popular market is the Coolest Place in Town - Crafts, events, gastronomy • Av. 24 de Julho
» **National Coach Museum** - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open from 10h00 to 17h30 (Closed Mondays) and public holidays - Praça Afonso de Albuquerque - 213610850

» **Oceanarium** - Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium - Park of Nations - 10h00 to 18h00 - 218 917 002

MARCH 14

Concert Chopin and Schumann 'Romantic piano' by Irina Brazhnik (piano) - 11h30 - Almada Negeiros Room of CCB-Belém Cultural Centre - Tickets: €5 - Praça do Império - 213 612 400

APRIL 4

Dances and Masks '20 fingers 2 pianos with João Vasco and Eduardo Jordão' and 'Ensemble de Câmara with Miguel Henriques and Paulo Pacheco' - 11h30 - Small Auditorium of Belém Cultural Centre - Tickets: €5 - Praça do Império - 213 612 400

UNTIL MAY 2

Painting Exhibition 'Still-Life in Europe, First part, The 17th and 18th Centuries' - Calouste Gulbenkian Museum - 217 823 800 - www.museu.gulbenkian.pt

Lisbon Concerts

(Tickets: See details bottom page)

March 14 - Spandau Ballet - Atlantic Pavilion 'Sala Atlântico' - 21h00 - **March 22 & 23 - Star Wars in Concert** - Sala Atlântico of Atlantic Pavilion - 21h00 -

April 6 to 17 - Mitch Sebastian's 'The Opera Show' - Oceanos Auditorium of Casino Lisboa - **April 7 - Tokio**

Hotel - Welcome to Humanoid City Tour - Atlantic Pavilion's Sala Atlântico - 19h30 - **May 30 - Black Eyed Peas in concert with Cheryl Cole opening the concert** - Estádio Nacional (National Stadium)



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
11 MAR-17 MAR

The Book of Eli
Denzel Washington, Gary Oldman
13.45-16.20-18.55-21.30 (00.10 Fri & Sat)

The Lovely Bones
Mark Wahlberg, Rachel Weisz
(12.40 Sat & Sun) 15.30-18.20-21.10 (00.00 Fri & Sat)

Alice in Wonderland
Johnny Depp, Mia Wasikowska
(11.10 Sat & Sun) 14.00-16.25-18.50-21.20 (23.45 Fri & Sat)

It's Complicated
Meryl Streep, Steve Martin
13.55-16.30-19.05-21.40 (00.20 Fri & Sat)

Shutter Island
Leonardo DiCaprio, Mark Ruffalo
15.10-18.05-21.00 (23.55 Fri & Sat)

Valentine's Day
Anne Hathaway, Ashton Kutcher
18.35

Cloudy with a Chance of Meatballs
Animation PV
(10.25 Sat & Sun) 13.40

Avatar
Sam Worthington, Zoe Saldana
15.45-21.05 (00.10 Fri & Sat)

The Spy Next Door
Jackie Chan, George Lopez
(12.20 Sat & Sun) 14.50-17.00-22.00 (00.15 Fri & Sat)

The Wolfman
Benicio Del Toro, Anthony Hopkins
17.30-19.50-22.10 (00.30 Fri & Sat)

Cloudy with a Chance of Meatballs
Animation PV
(10.25 Sat & Sun) 13.40

Valentine's Day
Anne Hathaway, Ashton Kutcher
18.35

Percy Jackson & The Olympians
Logan Lerman, Uma Thurman
(12.20 Sat & Sun) 14.55

Invictus
Morgan Freeman, Matt Damon
19.10

Das Weisse Band
Christian Friedel, Leonie Benesch
15.35-21.15 (00.15 Fri & Sat)

The Princess and the Frog
Animation PV
(10.30-12.55 Sat & Sun)

Alvin & the Chipmunks 2
Jason Lee, Zachary Levi
(11.00 Sat & Sun)

Planet 51
Animation PV
(10.10 Sat & Sun)

CASTELLO LOPES CINEMAS
ALGARVESHOPPING
TEL: 707 220 220
11 MAR-17 MAR

1
Shutter Island
Leonardo DiCaprio, Mark Ruffalo
12.45-15.30-18.15-21.05 (23.50 Fri & Sat)

2
Alice in Wonderland 3D
Johnny Depp, Mia Wasikowska PV
13.30

Alice in Wonderland 3D
Johnny Depp, Mia Wasikowska
16.20-18.50-21.40 (00.10 Fri & Sat)

3
The Wolfman
Benicio Del Toro, Anthony Hopkins
13.00-15.35-18.10-21.15 (23.45 Fri & Sat)

4
The Spy Next Door
Jackie Chan, George Lopez
13.40-16.10-18.20-21.35 (23.40 Fri & Sat)

5
Avatar
Sam Worthington, Zoe Saldana
13.05-16.30-21.00 (00.05 Fri & Sat)

6
The Lovely Bones
Mark Wahlberg, Rachel Weisz
12.50-15.40-18.30-21.25 (00.15 Fri & Sat)

7
It's Complicated
Meryl Streep, Steve Martin
13.10-15.50-18.35-21.20 (23.55 Fri & Sat)

8
The Book of Eli
Denzel Washington, Gary Oldman
13.15-16.00-18.40-21.30 (00.00 Fri & Sat)

9
The Princess and the Frog
Animation PV
12.55-15.00-17.00-19.05
Percy Jackson & The Olympians
Logan Lerman, Uma Thurman
21.10 (23.35 Fri & Sat)

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
11 MAR-17 MAR

1
Alice in Wonderland
Johnny Depp, Mia Wasikowska
13.40-16.10-19.00-21.40 (00.00 Fri & Sat)

2
Whatever Works
Larry David, Evan Rachel Wood
13.50-16.20-19.10-21.50 (00.30 Fri & Sat)

3
The Princess and the Frog
Animation PV
13.20-15.20-17.30-19.35 Sat & Sun

The Wolfman
Benicio Del Toro, Anthony Hopkins
13.20-16.30-19.20-22.00 (00.20 Fri & Sat)

4
Shutter Island
Leonardo DiCaprio, Mark Ruffalo
13.00-15.40-18.30-21.10 (23.55 Fri & Sat)

5
It's Complicated
Meryl Streep, Steve Martin
13.30-16.00-18.50-21.20 (23.50 Fri & Sat)

6
The Book of Eli
Denzel Washington, Gary Oldman
13.10-15.50-18.40-21.30 (00.10 Fri & Sat)

OV = Original Version
PV = Portuguese Version

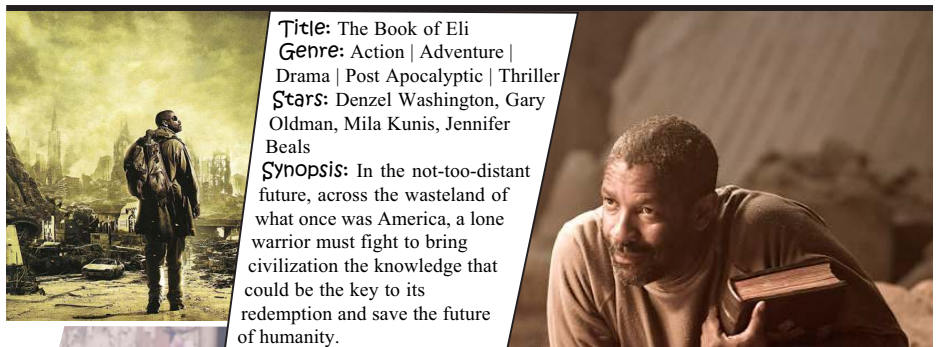
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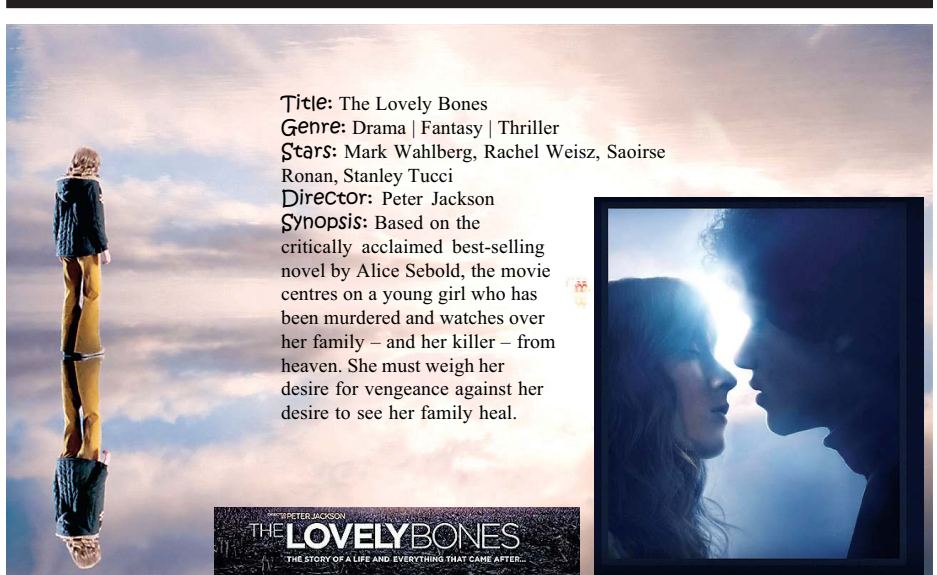
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Film Classification
The Book of Eli - M/16
The Lovely Bones - M/12
Alice in Wonderland - M/6
It's Complicated - M/12
Shutter Island - M/12
The Spy Next Door - M/12
The Messenger - M/12
The Wolfman - M/12
Precious - M/12
Valentine's Day - M/12
Percy Jackson & The Olympians - M/12
The Princess and the Frog - M/6

M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over



Title: The Book of Eli
Genre: Action | Adventure | Drama | Post Apocalyptic | Thriller
Stars: Denzel Washington, Gary Oldman, Mila Kunis, Jennifer Beals
Synopsis: In the not-too-distant future, across the wasteland of what once was America, a lone warrior must fight to bring civilization the knowledge that could be the key to its redemption and save the future of humanity.



Title: The Lovely Bones
Genre: Drama | Fantasy | Thriller
Stars: Mark Wahlberg, Rachel Weisz, Saoirse Ronan, Stanley Tucci
Director: Peter Jackson
Synopsis: Based on the critically acclaimed best-selling novel by Alice Sebold, the movie centres on a young girl who has been murdered and watches over her family – and her killer – from heaven. She must weigh her desire for vengeance against her desire to see her family heal.

PICK OF THE DAY

Saturday 13/03

Piers Morgan's Life Stories (ITV1, 9pm)
Former tabloid editor Piers Morgan chats to singer and actress Kym Marsh about her life and career. Since bursting into the public eye in 2001, the raven-haired stunner has proved she's a Jill of all trades, conquering talent shows such as Popstars and stealing millions of hearts as Michelle Connor in Coronation Street.



And it seems she'll have a go at anything, as recent ITV1 contest Popstar To Operastar proved. However, her private life has also come under much scrutiny, especially her relationships with ex-EastEnders Jack Ryder and boyfriend Jamie Lomas. Needless to say the past year's events will feature prominently in the show. Kym tragically lost baby son Archie Jay in February 2009 when he was born 18 weeks premature. Her on/off relationship with boyfriend Lomas also hit the headlines, but there was plenty of good news too, especially when she picked up a Celebrity Mum of the Year Award.

Sunday 14/03

Tropic of Cancer (BBC Two, 8pm)
For many people, travelling the world is a dream, and circumnavigating the globe would be the



adventure of a lifetime. So Simon Reeve must have a wide smile fixed on his sun-tanned face as he sets out to circle the world for the third time no less. We've previously seen him travelling around the Tropic of Capricorn and the Equator, and he completes his epic journey along the Tropic of Cancer.

Monday 15/03

Raymond Blanc: Kitchen Secrets (BBC Two, 8.30pm)
Watching some cookery programmes, it's easy to conclude that to be a first-class chef takes nerves of steel, years of practice, a lot of highly technical know-how and access to a stock of rare, expensive ingredients that most diners wouldn't think could possibly go together.

Fortunately, Raymond Blanc: Kitchen Secrets is here to remind us that good food doesn't always have to be complicated.

This week, he's looking at winter vegetables, which should appeal to anyone who thinks it's still a little bit too early in the year to be ditching the comfort food for something a little less hearty.



Among the dishes he'll be preparing is steamed beetroot with balsamic dressing, smoked salmon and horseradish creme fraiche. We'll also be treated to recipes for a celeriac puree served with roast wild duck, and a salad featuring pumpkin,

wild mushrooms and a red wine reduction.

Tuesday 16/03

Richard Hammond's Invisible Worlds (BBC One, 9pm)

Richard Hammond takes a break from Top Gear and assorted other projects to host this new series. It uses state-of-the-art technology to examine some of the unseen wonders that lie beyond the limits of the naked eye. In the first programme, Richard explores the world of detail hidden within the timespan it takes the human eye to blink, and uses high speed cameras to glimpse some of nature's most fleeting spectacles.

Wednesday 17/03

The Business Inspector (Five, 8pm)
Self-made millionaire Hilary Devey tackles two small British businesses each week and transforms



them into success stories by showing them where they are going wrong. She does this by teaching business owners the key skills essential for a thriving business, helping them keep their dreams alive by getting their businesses shipshape and ensuring profitability. In the first programme, Hilary begins in Milton Keynes, where two cousins opened a flower shop four years ago but have yet to make enough money to take a wage. She then visits Warwick, where an entrepreneur's event company is failing to capitalise on his good ideas.

Thursday 18/03

Million Pound Bike Ride: A Sport Relief Challenge (BBC One, 9pm)

It's time to dig deep into your pockets once again as famous faces take up physically demanding trials of endurance to raise money for a good cause.

Four years ago, David Williams swam the English Channel for Sport Relief, and now he's back to burn a few more calories for a good cause. He's undertaking a gruelling four-day challenge that sees him cycling nearly 1,000 miles on a non-stop journey between John O'Groats and Lands End.

Friday 19/03

Sport Relief (BBC One, 7pm)

You've pledged to Comic Relief and Children in Need, now it's time to donate cash while watching Britain's sporting heroes past and present - and a few non-athletic celebrities as well. The first Sport Relief fundraiser took place in 2002.

The result of a partnership between Comic Relief and BBC Sport, it was thought up to unite the sporting world and raise money for vulnerable young people at home and abroad. The event was a huge success, raising £14 million for the needy, and even more is expected to be donated this time around.



Saturday 13/03

Suspicion (BBC Two, 2.55pm)

A timid woman is swept off her feet by a handsome rogue. Initially they seem to be very much in love - until she begins to suspect that he's trying to kill her... It's an Alfred Hitchcock movie, so it's guaranteed to be a bit special.

Starring: Cary Grant, Joan Fontaine, Nigel Bruce, Cedric Hardwicke, Dame May Whitty
Star Rating: *** (1941)

In Her Shoes (Channel 4, 9.25pm)

Two close, but very different sisters have their relationship stretched to breaking point in this moving drama.

Starring: Toni Collette, Cameron Diaz, Shirley MacLaine, Anson Mount, Candice Azzara
Star Rating: **** (2005)

City of God (Channel 4, 12.45am)

Fernando Meirelles's breathtaking crime thriller takes a breakneck journey through three decades of violence and gang warfare in Rio de Janeiro's drug-riddled streets.

Starring: Alexandre Rodrigues, Matheus Nachtergaele, Leandro Firmino, Phellipe Haagensen, Douglas Silva, Jonathan Haagensen, Seu Jorge
Star Rating: ***** (2003)

Sunday 14/03

Joe Kidd (Five, 8.15pm)

A tough bounty hunter-turned-mercenary is hired to track down Mexican bandits by a land baron, who soon makes the mistake of upsetting his employee.

Starring: Clint Eastwood, Robert Duvall, John Saxon, Don Stroud
Star Rating: **** (1972)

Human Traffic (BBC Two, 1.20am)

A group of friends get together for their weekly bout of Friday night fun in Cardiff - a ritual which involves drug-taking and clubbing. By Sunday, at least three of them will have had their lives changed forever.

Starring: John Simm, Lorraine Pilkington, Danny Dyer, Shaun Parkes, Nicola Reynolds, Dean Davies, Jan Anderson, Jo Brand
Star Rating: *** (1999)

Revolver (Five, 10pm)

When mouthy gambler Jake Green has the audacity not only to beat ruthless gangster Macha at his own game, but also to humiliate him in public, you'd be forgiven for thinking he was a bit of a fool.

Starring: Jason Statham, Ray Liotta, Vincent Pastore, Terence Maynard, Andre Benjamin, Andrew Howard, Mark Strong, Francesca Annis
Star Rating: *** (2005)

Monday 15/03

The Ghost and Mrs Muir (Film4, 3.05pm)

Luscious romantic fantasy about a feisty widow who flees her overbearing in-laws and sets up home with her daughter in a remote coastal abode.

Starring: Gene Tierney, Rex Harrison, Natalie Wood, George Sanders
Star Rating: *** (1947)

The Good, the Bad and the Ugly (Five, 9pm)

A professional gunslinger, an outlaw and an assassin learn about a hidden bounty of gold during the American Civil War.

Starring: Clint Eastwood, Lee Van Cleef, Eli Wallach, Rada Rassimov, Mario Brega, Luigi Pistilli
Star Rating: **** (1966)

The Libertine (Film4, 10.50pm)

Blistering biopic of 17th-century poet and author John Wilmot, aka the Earl of Rochester, an individual whose often-debauched behaviour led to numerous scandals in social circles.

Starring: Johnny Depp, John Malkovich, Samantha Morton, Rosamund Pike, Francesca Annis, Johnny Vegas
Star Rating: **** (2004)

Tuesday 16/03

Wild Hogs (BBC One, times vary)

TOP FILMS

Four suburban male friends are in danger of getting mired in mid-life crises, until one of them suggests they get their motors running and head out on the highway on a cross-country motorbike trip.

Starring: John Travolta, Tim Allen, Martin Lawrence, William H Macy, Ray Liotta, Marisa Tomei, Peter Fonda, Kevin Durand, Jill Hennessy
Star Rating: *** (2007)

A History of Violence (Film4, 11.20pm)

Indiana diner owner Tom seems like a happily married, perfectly ordinary family man - until the day his business is targeted by armed robbers. Starring: Viggo Mortensen, Maria Bello, Ashton Holmes, William Hurt, Stephen McHattie, Peter MacNeill, Ed Harris
Star Rating: **** (2005)

Compulsion (Sky Movies Classics, 11.20pm)

Two wealthy law students in the 1920s believe they can get away with murder - and try to prove it by killing a teenager.

Starring: Orson Welles, Diane Varsi, Dean Stockwell, Bradford Dillman, EG Marshall, Martin Milner, Richard Anderson, Robert Simon
Star Rating: *** (1959)

Wednesday 17/03

Avant! (TCM, 3pm)

An uptight American businessman called Wendell arrives in Italy to claim the body of his father, who died during a trip. He's in for a big surprise when he meets English woman Pamela, who is there to claim the remains of mother - who'd enjoyed a decade-long affair with his dad. The duo join forces to hush up any hint of a scandal, but in the process start following in their parents' footsteps by falling in love.

Starring: Jack Lemmon, Juliet Mills, Clive Revill
Star Rating: **** (1972)

Les Miserables (Sky Movies Classics, 4.35pm)

Jean Valjean is sentenced to 10 years' hard labour for the heinous crime of stealing a loaf of bread. He's understandably bitter, until a kindly bishop gives him the chance to make a fresh start under a new name. Valjean becomes an upstanding member of the community, but a policeman, who believes in following the law to the letter, refuses to let him forget his criminal past.

Starring: Fredric March, Charles Laughton, Cedric Hardwicke, Rochelle Hudson, Florence Eldridge, John Beal, Frances Drake, Ferdinand Gottschalk
Star Rating: **** (1935)

Australia (Sky Movies Drama, 8pm)

Set in the 1940s in - wait for it - Australia, it follows aristocratic Englishwoman Lady Sarah Ashley who arrives down under to take charge of her late husband's vast cattle station. At first, she struggles to adjust to her new home, but when her land comes under threat from rival farmers, she is forced to get her hands dirty by leading her herd across the wilderness - and luckily, she has a tough stockman and a half-Aboriginal boy to help her. However, the Second World War is looming in the background.

Starring: Nicole Kidman, Hugh Jackman, Brandon Walters, David Wenham, Bryan Brown, David Gulpilil, Jack Thompson, David Ngoombujarra
Star Rating: *** (2008)

Thursday 18/03

For Whom the Bell Tolls (Sky Movies Classics, 4.30pm)

Gary Cooper and Ingrid Bergman star in this fantastic movie adaptation of Ernest Hemingway's classic tale on the Spanish Civil War.

Starring: Gary Cooper, Ingrid Bergman, Katina Paxinou, Akim Tamiroff, Vladimir Sokoloff
Star Rating: **** (1943)

The Reader (Sky Movies Drama, 8pm)

This magnificent drama examines the horrors of war from a whole new perspective and the result is one of the best films of the Noughties. Teenager Michael Berg embarks on a brief but passionate affair with an older woman (Kate Winslet), who seeks solace from her misery in the stories he reads to her.

Starring: Kate Winslet, Ralph Fiennes, Jeanette Hain, David Kross, Susanne Lothar
Star Rating: **** (2008)

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TOP FILMS

The 51st State (Film4, 10.50pm)

In this slick, Liverpool-set crime comedy, streetwise American chemist Elmo McElroy (a kilt-wearing Samuel L Jackson) arrives in the land of the Liver bird to launch his new designer drug.

Starring: Samuel L Jackson, Robert Carlyle, Meat Loaf, Emily Mortimer, Sean Pertwee, Rhys Ifans
Star Rating: *** (2001)

Friday 19/03

The Burning Plain (Sky Movies Premiere, 5.30pm)

This brooding drama marks the directorial debut of Guillermo Arriaga, who penned the fantastic 21 Grams and its polished sequel, Babel. The film centres on housewife Gina (Kim Basinger), whose affair with a neighbour (Joaquim de Almeida) is greeted with disdain by her teenage daughter Marianna (Jennifer Lawrence), who goes to great lengths to ensure the illicit couple stop seeing one another. But, inevitably, Marianna's efforts to keep her mother and her lover apart eventually end in tragedy.

Star Rating: **** (2008)

Marley and Me (Sky Movies Premiere, 8pm)

According to the old showbiz saying, you should never work with children or animals, but clearly no one has told Owen Wilson. A touching fact-based comedy drama, where his co-star is an adorable Labrador. Newspaper columnist John Grogan (Wilson) buys his wife (Jennifer Aniston) a puppy in the hope it'll stave off her desire to have children. Over the course of the marriage, the dog remains by their side and never loses his mischievous streak.

Starring: Owen Wilson, Jennifer Aniston, Eric Dane, Kathleen Turner, Alan Arkin
Star Rating: **** (2008)

Dead Ringers (BBC Two, 12.35am)

Jeremy Irons stars as identical twin gynaecologists who share everything - until their love for a beautiful woman threatens to tear them apart.

Starring: Jeremy Irons, Genevieve Bujold, Heidi Von Palleske, Barbara Gordon, Shirley Douglas
Star Rating: **** (1988)

Saturday 13/03

ENTERTAINMENT

Let's Dance for Comic Relief (BBC One, 7pm)

Well, girls and boys, the moment you've been waiting for is here at last - yes, it's the grand final of TV's weirdest and yet most wonderful dance competition.

DOCUMENTARY

Requiem for Detroit (BBC Two, 8pm)

Julien Temple is best known for making such feature-length documentaries as The Great Rock 'n' Roll Swindle and Joe Strummer.

DRAMA

Heroes (BBC Two, times vary)

Has Heroes lost its way? That might have been the case at one point, but it's back pretty much to its best, and thank goodness for that.

DRAMA

Law & Order (Five, 10pm)

Believe it or not, we're currently watching the 16th season of this evergreen drama - and it doesn't look as if it's about to slow down yet.

MUSIC

Status Quo: Live in Montreux (Sky Arts 1, 9pm)

Yes, we know what you're thinking - Status Quo are appearing on arguably TV's most highbrow channel?

Sunday 14/03

DOCUMENTARY

Victoria: A Royal Love Story (BBC One, 7pm)

Fiona Bruce presents this one-off documentary, broadcast to coincide with the opening of Victoria and Albert: Art & Love, a major exhibition at the Queen's Gallery.

DRAMA

Lark Rise to Candleford (BBC One, 8pm)

Those who believe in karma would think local gossip Mrs Mullins was due for a fall soon, and it turns out they'd be right.

ENTERTAINMENT

SPORTS RUNDOWN

Looking at the week ahead

Six Nations Cup

Ireland vs Wales: Wales will be looking for revenge after 2009's 17-15 defeat in Cardiff, which gave the Irish a first Grand Slam in 61 years. Live coverage on BBC1 from 2pm on **Saturday**.

Scotland vs England: All eyes will be on Andy Robinson, the Englishman who took over as Scottish coach in 2009 after being forced to quit as England coach in 2006 due to poor results. England took the honours in 2009 with a 26-12 victory. Live coverage from 4.35pm on BBC1, **Saturday**.

France vs Italy: The Azzurri have yet to beat Les Bleus since joining the Six Nations. Italy gave the French a bit of a scare on their last visit to Paris, but eventually lost 25-13. Live coverage on BBC 2 from 2.10pm on **Sunday**.

Let's Dance for Sport Relief

Steve Jones and Claudia Winkleman introduce the grand final of the celebrity charity dance competition. Over three weeks, 18 celebrity acts have put their pride and dignity aside and danced their socks off in the name of charity. Tune into BBC 1 on **Saturday** at 7pm for the grand final.

Cricket

Day one of the first Test between Bangladesh and England at Zohur Ahmed Chowdhury Stadium takes place on **Friday** afternoon on SkySports 1. Matches with coverage on SkySports 1 & 2 until Tuesday. England last toured Bangladesh in 2003 and won both of the two Tests played.

UEFA Champions League

Chelsea vs Inter Milan: Twice José Mourinho was narrowly thwarted in his quest to lead Chelsea FC to UEFA Champions League glory and now he stands in their way as the west London side try to overturn a 2-1 loss to reach the quarter-finals. Coverage SkySports 2 on **Tuesday** from 7pm. Barcelona vs Stuttgart: Stuttgart are unbeaten during this season's Champions League but face tough opposition against Barcelona at Camp Nou.

Live coverage on ITV 1 from 7.30pm on **Wednesday**.

Sevilla play CSKA Moscow at the same time as Chelsea on **Tuesday** (SkySports3 at 7.30pm) and Bordeaux face Olympiacos during Barcelona's encounter on **Wednesday** (7.30pm SkySports 1).

Liga Sagres

This **Saturday**, Liga Sagres runners up Braga will be looking to put pressure on Benfica in their match against ninth-placed Rio Ave (Sport TV1 at 7.15pm), FC Porto play Académica at 9.15 on RTP1, hoping to put their 5-0 loss against Arsenal out of their minds. On **Sunday**, Benfica will try to keep their three point lead in their match against Nacional (Sport TV1 at 6pm), and Sporting will want to continue their unbeaten run against Guimarães later, also on Sport TV1, at 8.15pm.



Guti blames Real Madrid's exit from Champions League on lack of teamwork.

Celebrity Come Dine with Me (Channel 4, 8pm)

If this edition is half as entertaining as the one just before Christmas in which David Gest, Hannah Waterman and Diarmuid Gavin shunned Loose Women star Sherrie Hewson's dinner party to have a few pints in a nearby boozer, then we're in for a real treat.

DRAMA

Wild at Heart (ITV1, 8.30pm)

Over the years we've grown accustomed to seeing something surprising happen in the final episode of each series - and this one promises to be no different.

CHAT

Mark Lawson Talks to Tracey Emin (BBC Four, 10pm)

She's the enfant terrible of the British art scene, a woman who can polarise opinion in one stroke of a paintbrush.

Monday 15/03

DRAMA

Missing (BBC One, 2.15pm)

Having a friend or relative simply disappear must be a terrible thing for people to endure.

SCIENCE

Bang Goes the Theory (BBC One, times vary)

In recent years, the Beeb has finally realised that science had suddenly become very sexy indeed, and that boffins aren't necessarily socially inept geeks wearing lab coats.

TECHNOLOGY

The Gadget Show (Five, 8pm)

Jason Bradbury and Oris Deley come to blows in this week's programme.

DOCUMENTARY

The Secret Millionaire (Channel 4, 9pm)

Iranian-born Jahan Abedi is one of the wealthiest men in Wales. He made his millions in the property market and boosted his coffers by purchasing a string of bars and clubs in Cardiff.

DOCUMENTARY

The Krays by Fred Dinenage (Crime & Investigation, 9pm)

You probably don't know that Fred Dinenage has a career as a respected author, and has penned several factual books, including ghost-writing the autobiographies of the notorious Kray twins.

Tuesday 16/03

ENTERTAINMENT

Sport Relief Does Dragons' Den (BBC Two, 8pm)

Dragon's Den helped turn the likes of Peter Jones and Duncan Bannatyne into household names and paved the way for many spoofs by the likes of Harry Enfield and Paul Whitehouse.

DRAMA

CSI: Crime Scene Investigation (Five, 9pm)

A bloody shootout at a gun store leaves the owner, Dolores Rinaldi, and a customer, Ed Smith, dead. Dolores's son, Hank, is rushed to hospital, and a fourth man wearing a red shirt escaped unharmed.

HISTORY

Battle for North America (BBC Two, 9pm)

Any fears that the Beeb were dumbing down their programmes need look no further than this intriguing investigation into a key stage in modern world history for proof that they are not.

FOOD

Fat Man in a White Hat (BBC Four, 9pm)

If stereotypes are to be believed, the Italians are the most stylish, the Germans the most efficient, the British are good at queuing, and the French the best cooks in Europe, if not the world.

COMEDY

Shameless (Channel 4, 10pm)

Shane and Kelly have defied the cynics who thought their romance would fizzle out as quickly as it began when they met way back in series five.

Wednesday 17/03

POLITICS

The Berlusconi Show (BBC Two, 7pm)

In Britain, we crucify politicians for the slightest misdemeanour, so heaven knows what we would make of Silvio Berlusconi if he were our Prime

Minister.

SPORT

Live UEFA Champions League (ITV1, 7.30pm)

VfB Stuttgart take their unbeaten away record in this season's competition to the Nou Camp, as they attempt to record their first-ever victory over defending champions Barcelona in the second leg of this last-16 meeting.

PROPERTY

Relocation, Relocation (Channel 4, 8pm)

Fans of this ever-engaging show may remember Allison Green and Mark Thomas. A few years ago they were desperate to find a perfect home by the sea....

FOOD

The Man Who Ate Everything (BBC Four, 9pm)

Even the most open-minded foodies can usually think of at least one recipe that turns their stomach, or an ingredient they'd prefer to pick out of their dishes.

MUSIC

Music Academy 2010 (Channel 4, 12.35am)

Okay, so it's a school night, but music lovers who don't have to be in work early tomorrow morning will not want to miss the last edition of 4Music's Music Academy 2010.

Thursday 18/03

CULTURE

Henry Moore: A Culture Show Special (BBC Two, 7pm)

It's true that many artists do come across as rather eccentric when they're being interviewed, but some are ordinary souls doing an extraordinary job.

DOCUMENTARY

The Lady and the Revamp (Channel 4, 9pm)

Once upon a time, Britain's oldest weekly women's magazine, The Lady, was a highly respected and influential publication featuring on its pages anything from the correct length of hem for a Sunday Service to a cure for baldness.

REALITY

Dancing on Wheels (BBC Three, 9pm)

Since last week the winners must have been busy gloating and recovering from all those weeks of training, right?

COMEDY

Glenn Martin, DDS (Sky1, 9.30pm)

A comedy about a dentist and his unruly brood - sound familiar?

COMEDY

Celebrity Juice (ITV2, 10pm)

So far, Keith Lemon doesn't seem to have made quite as much impact as some of comedian Leigh Francis's other creations.

Friday 19/03

DOCUMENTARY

Dom Joly and the Black Island (Channel 4, 7.30pm)

Your starter for 10, no conferring: what links film critic Mark Kermode, animator Nick Park, directors Steven Spielberg and Peter Jackson, and comedian Dom Joly? Give up?

DOCUMENTARY

Highland Emergency (Five, 8pm)

When a surfer goes missing off Machrihanish Bay on the west coast of Scotland, the Royal Navy search and rescue team at HMS Gannet is soon scrambled to find him.

REALITY

Mastercrafts (BBC Two, 9pm)

The problem with advancing technology and culture, if you can call it a problem, is that arts and trades that were once of great importance are now rather redundant.

COMEDY

Comedy Exchange (Dave, 10pm)

Dave isn't just the home of repeats of Top Gear and QI - it's also starting to come up with new shows of its own.

COMEDY

South Park (Comedy Central, 11.30pm)

This animated comedy may not be as high profile as it was a decade ago, when they ruled the small screen, the big screen, the charts and the merchandise sections of music shops.

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Last week's solution:

PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 13 Mar 2010

PROPERTY OF THE WEEK

Open-day opportunity not to be missed



On Saturday 20th March between 11h00 and 16h00 an open invitation is being extended to anyone interested in viewing this beautiful house in Almada de Ouro, which boasts spectacular views of the Guadiana River, and has recently been reduced in price.

This detached property is located on the outskirts of the 'model' village of Almada d'Ouro, near the new Almada d'Ouro golf course.

It is a beautiful area great for

bird-watching, walking, and fishing. The house is nestled on a gentle slope that rolls down towards the river Guadiana.

It is surrounded by land that is planted with fruit trees, and

boasts the most fantastic views from the covered terrace and pool area. While there are a handful of neighbours within proximity, they are not close to the property or overlooking in any way.

The house has an open-air, walled patio area which is traditional in design and very private.

From here a staircase climbs to a roof terrace that offers stunning panoramic views.

It comprises a good-sized lounge with fireplace and a traditional kitchen (which could benefit from a little modernising).



There are three bedrooms, one with an en-suite bathroom, and a massage/shower room.

algarve manta
properties

The family bathroom has heated towel rail and massage bath.

The villa has a large garage which is ideal for converting, as well as an extra 62.2 square metres of approved extra building area which could be used as an extra living space or bedroom.

It is equipped with mosquito screens and air conditioning throughout, and offers the possibility of purchasing an adjacent plot of land.

This property has recently been reduced. Was €390,000 now €290,000.

For more information, contact Sarah at Algarve Manta Properties on: (+351) 911 041 862, or email: sarah@algarve-manta.pt. Alternatively, see their website: www.algarve-mantaproperties.com (property ref: 168).



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Ref. I1286 - Quick Sale
Price Reduced: € 435.000

**Olhão**

- Beautiful rural estate
- Main villa 3 bed 2 bath
- Guest villa 1 bed 1 bath
- Guest cott. 2 bed 2 bath
- Pool, lovely gardens, BBQ
- Bldgs 863m² plot 2.8 ha.

Ref. V618
Price: € 745.000

**Vale do Lobo Golf Resort**

- Beautiful spacious villa
- 3 bedrooms 3 bathrooms
- Heated pool 12m x 6m
- Garage, garden, BBQ
- Large basement 80m²
- Villa 340m² plot 1.000m²

Ref. V1180
Price: € 1.300.000

**Barranco do Velho**

- Attractive new villa
- Local & country views
- 3 bedrooms 2 bathrooms
- Wall insulation, dbl glaz.
- Garden, large terrace
- Villa 135m² plot 1.458m²

Ref. V1219
Price: € 275.000

**Algoz**

- New urbanisation villa
- Nice country views
- 4 bedrooms 3 bathrooms
- Buyer can choose finishes
- Garden, licence for pool
- Villa 159m² plot 400m²

Ref. V1303
Price: € 265.000

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Tavira: 281 320 281
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**Tavira**

New 5 bedroom villa w/ large pool & small lake enjoying sea views & privacy on landscaped plot of 15.560 m². Living area of 307 m² & basement of 192 m². High quality construction and specifications. Easy access.

Ref. LHV-937 Price: € 1.200.000

**Estoi**

Unique, modern, split-level villa with pool & guesthouse offering privacy & breathtaking views towards the coast. Covered area: 360 m², plot: 2140 m². Enjoying Good quality construction.

Ref. LHV-1063 Price: € 1.200.000

**Santa Catarina**

Lovely 4-bedroom quinta (265 m²) with many typical Portuguese features. Swimming pool & beautiful gardens. Plot of 9840 m². Spacious double-height living area. Easy road access. Good value for money.

Ref. LHV-866 Price: € 590.000
(Reduced from € 799.000)

**Tavira**

Luxurious 4 bedroom villa (430 m² covered area) with swimming pool on preferred location in Tavira. Large living room with adjacent dining area, Italian design kitchen, high quality building materials and finishing. Plot of 1074 m² enjoying country views.

Ref. LHV-901 Price: € 749.000

**Near São Brás**

Offers invited! Outstanding 3-bedroom villa (177 m²) with pool & garage (41 m²) set on a 2500 m² plot offering far-reaching views. Tastefully chosen materials, under floor heating, air-conditioning. Worth a viewing.

Ref. LHV-1066 Price: € 465.000

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Ref: 2822 Promotion € 325.000

Special - Vilamoura

Lovely 3, 4 & 5 bedroom townhouses. Large lounge with spacious terrace. Private closed condominium with sw-pool & fantastic green areas, surrounded by pine-woods, close to "The Old Course" golf, a few minutes from the center.

Ref: 1298G From € 357.500

Great Price - Vilamoura

Excellent Studio apartment in center of Vilamoura, just a few minutes walk from the Marina. Fully furnished and equipped. Very nice views. Extra store space in basement. This is a fantastic & unique opportunity for your holidays or for rental income.

Ref: 2931 € 70.000

Green Residence - Algoz

Fantastic opportunity: 4 bed Townhouses, fitted kitchen, fitted wardrobes, large terraces on the first floor, private garden area with carport for 2 cars. Excellent quality finishings, solar energy. Just a few minutes from Guia and Algoz.

Ref: 2784 € 230.000

Sea front - Fuzeta

Spectacular two bedroom apartments, equipped kitchen & large balcony. Private condominium with garden & sw-pool. Private parking. Situated in front of Ria Formosa, the view is absolutely incredible! Promotional price.

Ref: 2159 From € 199.500

Outstanding opportunity to buy a dream rural property...



...near village of Alte (Loulé).

Professionally renovated to a high standard the detached villa sits on plot of 310m² and has 3 double bedrooms with fitted wardrobes. Two fully equipped bathrooms and excellently finished modern kitchen. Under floor heating throughout and log burner in main sitting room. Price - €175,000.

- Bonus

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Contact: 919 383 852 or 917 227 087 should interest be sought on both properties a negotiation is available.



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Sizzling summer bulbs



Gladiolus 'Charming Beauty'

skin of the tuber to reveal a fleshy pink or gold interior. If the inside is brown, the tuber is dead.

Begonias have received a bad press over the years, with images of garish, blousy flowers sitting in plastic containers in retirement homes. However, there are some amazing, unusual varieties, including *B. boliviensis*, which looks more exotic than a traditional begonia. Its slender, fluted reddish orange flowers look great hanging from a compact bush and contrasting well with the medium green, serrated foliage.

You can fill a pot or hanging basket with just one plant, and they do best in humus-rich, free-draining soil in sun, or partial shade. Take them inside and store them in a frost-free place over the winter. Sow seeds of *B. boliviensis* now, or purchase pot ready plants, which should be available now.

Lilies can be purchased in autumn, winter or early spring. They should be kept cold until you plant them.

If you're thinking about late summer, *Crocsmia 'Lucifer'* has

been crowned 2010 Summer Bulb of the Year by industry professionals. *Crocsmia* grow very upright and to a height of about one metre, producing clumps of dense iris-like foliage along bronze green arching stems.

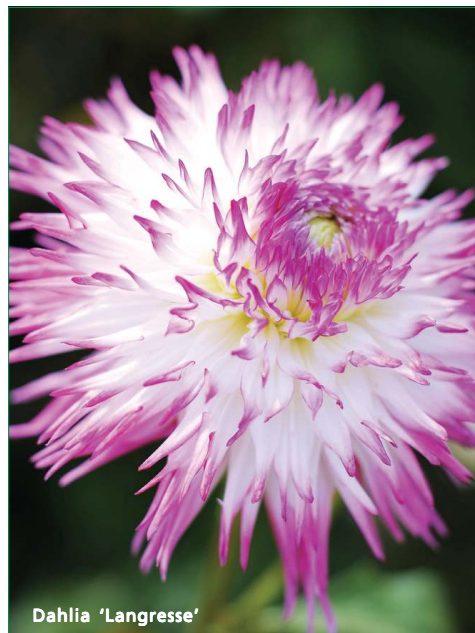
One of the small flowering varieties, it is harder than other *crocsmia*, making it the perfect flower for beginners and for gardens in cooler regions.

Elsewhere in the garden, it creates structure and a burst of bright colour when it flowers between May and the end of September.

Different bulbs need different soil types, but summer bulbs generally like a warm, sunny position. Free-draining soil is important as bulbs are susceptible to rotting.

Hardy summer bulbs which don't need lifting, such as alliums and *crocsmia*, are better off planted in the autumn, while more tender types such as gladioli, dahlias, cannas and callas, are started off in spring.

The Royal Horticultural Society offers the following tips for successful bulb-growing in con-



Dahlia 'Langresse'

tainers:

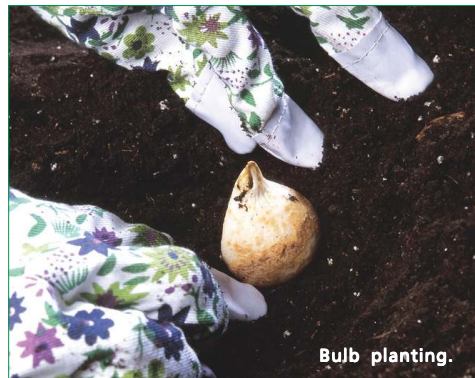
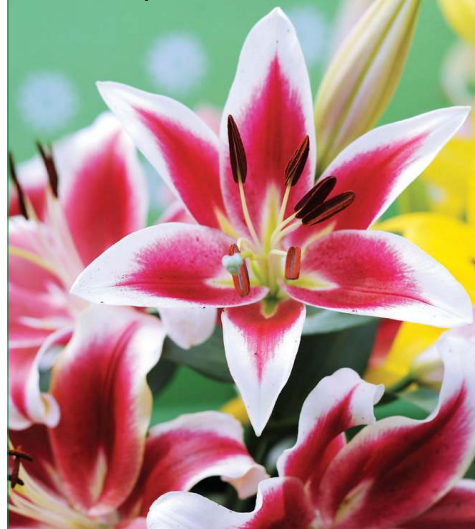
- For bulbs that are only going to spend one season in their container, use a mix of three parts multi-purpose compost with one part grit. For long-term container displays, use three parts John Innes No 2 compost mixed with one part grit.
- Plant at three times their depth and one bulb width apart.
- Water the bulbs regularly when in active growth, but you can reduce watering once the

leaves start to die down and then through the dormant season. However, continue to check pots in winter, ensuring they do not dry out completely.

• To promote good flowering next year, feed the bulbs every seven to 10 days with a high-potassium fertiliser, such as a liquid tomato feed. Begin feeding as soon as shoots appear, and stop feeding once the foliage starts to die down at the end of the season.

Hannah Stephenson

Lilium 'Flashpoint'



Bulb planting.

The first daffodils may barely be out, but already you should be thinking towards buying your summer-flowering bulbs for a riot of colour which will last you through the warmer months and into autumn.

Planting summer-flowering bulbs, such as lilies and gladioli, can provide dramatic effects in summer, as they provide height, structure, colour and often fragrance all in one go, with little maintenance.

Summer-flowering bulbs need a bit more care than spring ones. Lilies should be planted in early spring before the bulbs dry out, while dahlias, cannas and begonias are not frost-hardy, and are better started off in pots indoors, and then put out when all danger of frost has passed.

If you haven't stored your dahlias over the winter, you might want to invest in some new ones. The size of tubers varies hugely and it doesn't always follow that the bigger the tuber, the bigger the flower.

They will also need protection from the frost and should be stored in a cool, airy place until you plant them.

Anyone who likes begonias should be scouring the garden centres now for new varieties. When buying them make sure they feel firm, and scratch the

Three ways to...

Lessen the risk of clematis wilt

1. Plant your clematis deeply, allowing the first two sets of leaves to be buried underground. If a clematis planted this deeply is hit by wilt, it will usually come back from below the ground.
2. Site the clematis correctly. It prefers to grow where its flowers are in the sun but the roots remain cool. If the base of the plant is not shaded by something growing nearby, cover the root system with an organic mulch such as shredded leaves, cocoa bean hulls or shredded bark.
3. Grow smaller-flowered species such as *Clematis montana*, which are generally resistant. It's the large-flowered cultivars which are most at risk.



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SCHÜCO

Put on your sunglasses because today's rooms should be splashed with vibrant colour, otherwise they'll be sad and dated. Gabrielle Fagan get us clued up on colour with our guide.

Colour's back in fashion but even if you're immune to its décor potential you might be won over by its power to change your mood.

Just as the sight of sunny blue skies or vistas of green fields outdoors may cheer and soothe us, that same effect can be echoed inside our homes by using similar shades for walls or furnishings.

"Choosing the right colour palette for your rooms is a vital part of creating a home," says author, Vinny Lee, who reveals the psychology of colour and gives practical guidance on choosing shades in her new book, *The Colourful Home*.

"The effects of colour are more than decorative," she says. "They also play an important role in the way we feel and respond to our surroundings. Colour in its many hues and combinations, stimulates us visually and emotionally."

She believes we're gradually starting to overcome our resistance to using colour in our homes, and are more prepared to experiment.

"For a long time there was a perception that white and shades of white were the safest way to decorate," says Vinny.

"But we're becoming more comfortable with colour, especially as it features more in clothes fashion which in turn influences trends in interiors. Also, people are recognising that a series of blank, white rooms is neither comforting nor relaxing, whereas a colourful home can give enjoyment and pleasure, with spaces that stimulate, relax and are memorable."

She urges those who may be nervous of 'abandoning magnolia' to start experimenting in small ways initially, perhaps by adding accent colour with accessories such as cushions or a throw and progressing to painting or wallpapering a feature wall in a colourful shade or decorative colourful paper.

"You can do a little at a time, and slowly build up your confidence with colour," she says. "People also now realise that even if they paint a wall the 'wrong' colour, it's easy to repaint, or simply subdue the effect by hanging a collection of pictures on it."

While colour helps stamp personality on a home and helps bring it to life, Vinny also recognises that colour choices can be hazardous for couples. "One person's idea of the perfect shade for a room may not be to the other's taste. I know only too well you have to reach a compromise."

"In our first home, I wanted terracotta, which my husband hated and he loved blue, so we painted each half of the room in our chosen colour. Then we used curtains in complementing shades to bring the scheme together. Thankfully, it looked really effective!"

"So if you like bright blue but your partner doesn't, compromise and look for greys which have blue in them, or purples or greens that have strong elements of blue."

It's obvious that we all have individual ideas about colour choices but what's not so well known is that those may be influ-



Brighten up your rooms

enced by not simply the mood we want to conjure (eg. green for a soothing space), but also our physical make up.

"Those with low body temperature may find blue is too cold, and they will naturally respond and desire warmer colours," she points out.

Vinny urges: "Don't be frightened by colour, because there are all sorts of ways of using it, and the combinations are infinite. As time goes by, you may surprise yourself by becoming bolder and more adventurous."

"Our home is predominantly orange, with a bright green and orange carpet, and my husband has over the years grown to love the scheme as much as I do!"

Follow Vinny's guide to colourful rooms.

The power of colour

Red: "This hot, emotional colour is associated with energy, passion and desire," says Vinny.

Exposure to it is thought to induce physical changes, such as speeding up the metabolism, which may help improve poor circulation and raise energy levels.

Yellow: Is associated with joy, happiness, intellect and energy.

Blue: Traditionally associated with masculinity, this colour is believed to have the effect of slowing the metabolism and blood pressure and producing a feeling of calm.

Green: Green links to nature and symbolises freshness, abundance, harmony and growth, and it's reputed to have healing powers.

Purple: Light purple is associated with romance and nostalgia, while dark purple has royal connotations of wealth and solidarity, but may also be connected with feelings of sadness.

Orange: Orange is a vigorous and vital colour, which represents readiness, enthusiasm and happiness and is a stimulating colour.

Passion for red

Red never fails to have an impact but it's a powerful colour and care should be taken that it doesn't overwhelm especially in a small space.

"Although red brings drama and excitement to a room, too

much pure or undiluted red can promote feelings of overheating and anxiety," says Vinny. "It makes a good highlight colour though and can be effective for a focal point such as a chimney breast, in alcoves, or for a statement piece of furniture."

She suggests testing out a desired shade by painting it on a sheet of lining paper and pinning it up temporarily. An easy place to experiment could be in a bathroom, an intimate, personal space, where red could conjure a warm, cosy atmosphere.

Tip: If you paint a wall in red and it is opposite a window, the natural light will help to tone the shade down, whereas less light will make the chosen shade appear deeper. Brilliant reds are sometimes said to "vibrate" but this effect can be lessened by using a shade such as white or black, or a neutralising tone of dark blue, brown or grey.

Mellow yellow

Zesty yellow is predicted to be one of the most popular colours for interiors in 2010 - perhaps appropriately in our unsettled times, as it's credited with promoting cheerfulness and positivity.

"Yellow and white makes a fresh, bright combination especially when a room gets lots of natural light," says Vinny.

"But because it's a cheerful and spontaneous colour, it isn't generally suitable as a main colour for a business environment. For example, yellow's avoided when advertising expensive products, especially to men, because they tend to regard it as a childish tone."

Tip: Some shades of yellow can become dull and even take on a green hue in artificial light. To avoid this, try daylight-quality bulbs, or use yellow for a room which will be mainly used during the day.

Cool blues

Blues evoke images of bright skies or seaside landscapes. They can give a fresh feel for a bathroom and light blues particularly may suit bedrooms especially those for children.

"Blues have a calming effect and are refreshing, but they can create a feeling of coldness, espe-

cially in our northern hemisphere where the light is less warm, which could make a room feel depressing," warns Vinny.

"So choose your shade carefully, and test it out in different lights. Pin up a blue rug or throw on a wall and gauge your reaction to it over a week or so."

Tip: Blue suppresses bright and warm colours such as yellow and red, so be careful about using it in kitchens without a good supply of light, as it can affect the way raw ingredients and cooked dishes appear.

Go for green

Green has many hues and this year zesty lime greens are on trend.

"Lime green is a bright, zesty colour that provides an eye-catching background to black and chrome and colourful accessories," says Vinny.

"Olive green, traditionally the colour of peace, blends well with a natural palette using woods and brown, ochre and yellow shades. But check out a colour swatch in natural and artificial light as it can look predominantly green by day but muddy in electric light."

Tip: Dark green can be used to dramatic effect in a candlelit dining room or other areas used mostly in the evening. In a bathroom, it can give a feeling of enthusiasm and brightness to preparations at the start of a day.

Plump for purples

Plums and purples can give an injection of richness and warmth to rooms, either used for a scheme or featuring on accessories.

"Purple is said to be a good colour with which to decorate a space where contemplation or meditation is to take place," says Vinny.

"But as it can be a dominant, intense colour, it's best used in panels or as a feature colour in small quantities. Purple and black is a strong and striking combination and when combined with chrome, these shades can be used to create Art Deco period style. Light purple partners well with dark woods such as mahogany and cherry wood."

Tip: If a purple room is in danger of becoming too mellow and moody, then an injection of yellow will lighten and brighten the place.

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The first installations of Alumawood along the Algarve coastline were completed over 1 year ago & the structures still stand proud & pristine, from Tavira to Lagos.

Make your house a home



Christine and Graham Pippett, owners of Furniture World, have been in the furniture business for over 23 years, having previously owned 20 furniture stores throughout the southwest of England.

Following an offer they could not refuse, they decided to sell up and move to Portugal, where they had been visitors for the past 15 years. They opened their furniture store on the EN125 just on the edge of Lagos after having been struck by the difficulty in obtaining good quality English style furniture here.

By using their previous suppliers and many contacts in the UK, they have kept their prices at competitive levels. Their policy is to only buy direct from reputable factories and manufacturers and all their merchandise is delivered direct to them in regular large container shipments. This enables them to take advantage of economies of scale.

The store offers a wide range of styles and choices, including contemporary oak, traditional oak, ash and painted furniture. They have also incorporated a range of Indian furniture and rugs.

Christine and Graham also sell a broad range of oil paintings at reasonable prices. They have now launched a comprehensive web site

(furnitureworld.pt) where you can view a good selection of the furniture styles they have to offer, they also offer their customers a flexible approach to furniture packages to give maximum choice of style and cost rather than the pre designated packs, something that is absent from the current market.

Christine and Graham have enormous experience in their chosen market and therefore believe the future for Furniture World looks bright. They have been fortunate to acquire the services of Sandrine Reis as the shop manageress. Sandrine is fluent in Portuguese, English, French and Spanish.

They believe that a good reputation means repeat business and their enviable reputation has already been established in a relatively short period for supplying top quality furniture, customer service and attention to detail, Christine said "we have supplied furniture to all parts of the Algarve and our customers return time after time".

Their 700 sq metre store carries large stocks and aims to supply all customers requirements within forty eight hours and delivery is free locally. As a further incentive, they have introduced gift vouchers, which make an ideal present at any time of the year.

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Dr. Cris Piessens



To counter this, Dr Piessens runs an occasional series of talks about dental implants, to give all those who may be interested information about how they can find an affordable way to have better teeth without sacrificing quality care. This can range from disguising a single misaligned, ugly or discoloured tooth to replacing a complete upper jaw, lower jaw or even both.

The next series of talks is being held during the next two weeks: hotels in Monte Gordo, Portimão and Albufeira will host sessions on 16, 23 and 24 March. (Please see the advertisement on page 16 for full details)

If you need help with your teeth for health reasons, or are considering cosmetic dentistry, whether now or some time in the future, why not come to one of these talks and find out what the options are. There will be plenty of time for questions and light refreshments will be available.

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If, for any reason, you cannot make any of the arranged dates, but would still like further information, then just ring or email (details as above) and tell the clinic what you need.

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What stress type are you?

Ever wondered if you were just the 'stressful type'? Well you might be one of four, according to two new doctors who have identified four personality traits that women adopt when they become stressed. With tips on how to control it and even use it to your advantage, though, it may not be such a bad thing.

Louise Cooper is a well-respected trial lawyer, admired by friends and family for being able to juggle children, social engagements, charity work, her marriage, a busy practice and demanding trial work, without so much as batting an eyelid.

But whenever she has a chance to stop the daily grind and finally relax, by taking time out for herself or going on family vacations, she crashes, becoming exhausted, withdrawn and quiet.

After a few days, she recovers and begins multi-tasking again, so much so that she ends up crashing. It's a cycle that never seems to stop.

If this sounds like someone you know, perhaps it's because Louise's response to stress is a common one.

Both her stress hormone, cortisol, and her natural fight-or-flight response modes, are acting in overdrive.

This kind of reaction is called a

"Hyper-P" stress response, and is just one of four stress 'types' that two California-based doctors have identified in their recent work on stress.

According to Dr Stephanie McClellan and Dr Beth Hamilton, both gynaecologists, women are not only under greater stress than ever before, but stress is creating many seemingly unrelated health problems, such as insomnia, decreased libido, increased appetite and headaches.

And while stress isn't a concept unique to women, the way that it affects women is, says Dr McClellan.

"Women are naturally better than men at multi-tasking, and as they meet the pressures of the modern world, they increasingly take on more and more roles," she explains.

"But they're also more prone to stress, and their bodies are unable to handle the effects of stress because our biology has not changed to accommodate the new demands of our multiple roles."

Doctors Hamilton and McClellan discuss this issue in a

new book on their years of clinical research on stress, called *So Stressed: A Plan for Managing Women's Stress to Restore Health, Joy and Peace of Mind*.

It not only identifies the way that stress affects four different major personality types, it also includes tips on fighting stress



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A woman carrying a bag of healthy fruit and vegetables.

through nutrition, exercise and relaxation techniques unique to each type.

While a person's reaction to stress may vary according to their environment, genetics and experiences, the theory the doctors put forward is that, by identifying your own stress type, you can help determine what techniques will help you relax more easily.

- Hyper-S

Vigilant, on edge and anxious, Hyper-S types are prone to headaches and sinus infections, have trouble falling asleep, wake up during the night and rise early in the morning. ("S" represents the sympathetic nervous system ac-

tivated in the fight-or-flight response.)

Their high levels of the stress hormone cortisol, coupled with their intense fight-or-flight response, means that Hyper-S's "consider every task an emergency and can be emotional, expressive and sometimes explosive", says McClellan.

Hyper-S women tend to have the most stress-related illnesses out of all four types, prone to developing hardening of the arteries and heart disease, or suffering from alcoholism, sexual dysfunction, type-2 diabetes, yeast infections, panic disorder and infertility.

Reducing your stress level through exercise is key, says McClellan, as it will use up all that extra energy produced from stress.

"A regular, vigorous workout at the start of your day will defuse the tension you carry in your mind and body and make your brain more resilient and less stress-sensitive."

Hyper-S's should also avoid drinking coffee, as it promotes extra cortisol production, and drink green or white tea to wake up instead.

Breakfast should be the largest meal, with smaller meals and snacks set for the rest of the day to minimise the effects of a nervous stomach.

- Hypo-S

Hypo-S types tend to accumulate pain in their back, pelvis, bladder or vulvar areas, gain weight around their hips and thighs and are often overweight.

They go to sleep late and wake up late, find it hard to concentrate, feel unmotivated and can suffer from gastrointestinal disorders, postpartum depression, chronic fatigue and fibromyalgia.

Their low cortisol levels may be the result of long-term exposure to chronic stress, perhaps in the womb (if they were the product of a stressful pregnancy) or in childhood (if they moved around a lot, for example).

"As a Hypo-S, your major vulnerability is your extreme sensitivity to stress," says McClellan.

"You can control your overly excitable stress response by anticipating and managing potentially stressful situations."

Eating a diet rich in fibre from fruits and vegetables at the same time every day will stabilise your cortisol rhythm. Big lunches - of a lean meat with complex carbohydrates - will help cortisol production, too.

Exercise is also essential for this type, ideally at the same time every day, as "regular aerobic activity will stimulate the production of endorphins, serotonin and dopamine, which will make you feel better",

McClellan says.

- Hypo-P

"Hypo-P is the rarest stress response, as it is an extreme state caused by a severe imbalance," says McClellan. ("P" represents the parasympathetic activity in the body, which happens when your body is resting and restoring stress levels.)

"It occurs when both your stress hormone, cortisol, and sympathetic nervous system, which arouses your body to challenge, are in sync but functioning at chronically low levels."

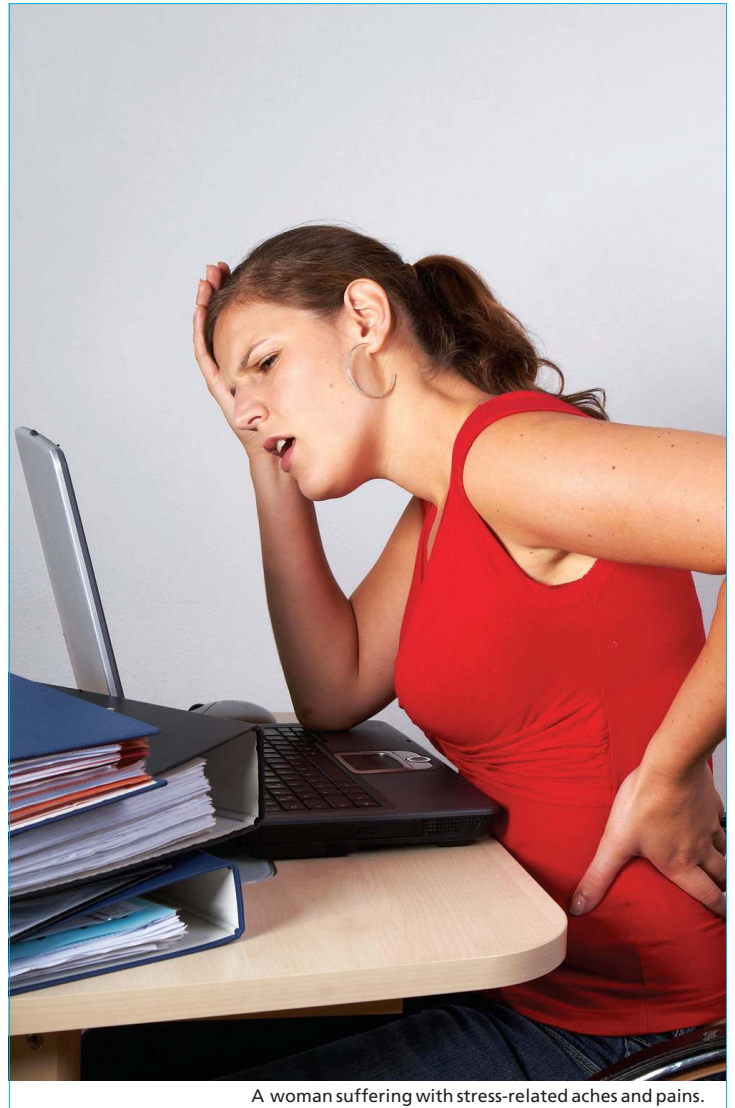
The result is an emotional detachment characterised by speaking in a monotone, suffering from aches and pains, rarely expressing one's emotions, fainting easily and getting dizzy when standing up suddenly.

Asthma, ulcerative colitis, inflammatory disorders and helplessness are all typical ailments of this type.

But high-fibre foods such as fruits and whole grains, will help this type, says McClellan.

"You also need to remember to be very specific and consistent in the timing of your meals, as this will help synchronise your body's rhythms."

Keeping a journal of physical and emotional feelings will also



A woman suffering with stress-related aches and pains.

help you connect to your feelings, helping you to engage with the world and generate a sense of control.

- Hyper-P

The Hyper-P is the classic overachiever, like Louise, who goes, goes, goes until collapsing, says McClellan.

"Even on a weekend or a vacation, when a Hyper-P woman has time to relax, she tends to overshoot."

Hyper-P's tend to feel fatigue, altered mood and a lack of initiative or motivation when they burn out. Blurry vision, a need for

sleep, lack of energy and feeling overemotional are all symptoms of this state.

"Instead of reaching a balanced state, the Hyper-P's nervous system goes from being in high gear to crashing, so she has to learn how to prevent her collapses and restore herself after a meltdown."

Hyper-P's might find that some pampering can help deal with stress, such as a hot bath or massage, and that vigorous exercise will help balance their high amounts of stressful energy.

Small meals and snacks eaten

throughout the day will help maintain energy levels. Coffee should be taken only in the morning, because after noon it can disrupt Hyper-P's delicate sleeping patterns.

One in four people around the world suffers, has suffered or will suffer from stress. One in five users of primary healthcare in Portugal are suffering from stress at the time of consultation.

Depression related stress is recognized in the National Health Plan of Portugal 2000-2010 as a major problem of public health.

By Kate Hodal



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The Baby Diaries

Tess Daly The Baby Diaries



Memories, milestones
and misadventures

Tess Daly, published by Vermilion, priced €16.67

Ordinary mums could be forgiven for thinking that their pregnancy, birth and child-rearing experiences are a world apart from those of celebrity mums.

However, celebrity mother-of-two Tess Daly has put pen to paper to prove that she's found motherhood as hard, and as fulfilling, as the rest of us.

Tess, 38, details the ups and downs of her two pregnancies in *The Baby Diaries*, candidly revealing her feelings about her daughters and their births, giving practical advice on baby essentials like prams and monitors, and even style tips for mothers-to-be.

The glamorous *Strictly Come Dancing* presenter is keen to point out that the diaries - which she started when pregnant with her first daughter Phoebe five years ago - are absolutely not 'holier than thou' tomes.

"I was thrilled to bits to be given the opportunity to write a book," she says, "but I really didn't want to make it some finger-wagging Thou Must Puree Organic Food and Be a Supermum read."

"I wanted to share my honest experiences as a working mother, the good and the bad."

They're experiences that all mums will identify with - though there are sometimes a celebrity twist to her tales.

Take the time when, like many

mothers-to-be, she found her growing tummy wouldn't fit into a beautiful dress.

The celebrity twist was that the size eight dress was brought by a stylist for a *Strictly* photo shoot with Bruce Forsyth.

All the dresses the stylist brought were tiny, so the seven-months pregnant Tess had no option but to squeeze herself into them.

The down-to-earth northerner remembers: "I was so upset - I was feeling insecure about the size of my bump and the size of my bum anyway."

"It was so cruel."

To hide the burgeoning belly problem, photos were taken from the back with Tess looking over her shoulder because the dress wouldn't fasten at the front.

"It was gaping open, and it was so embarrassing standing next to Bruce with this huge bump that wouldn't be covered - I was mortified."

"You're embarrassed about varicose veins and the size of your bump and all the new cellulite that goes with it, never mind having a dress four sizes too small and having to squeeze into it."

Tess, who's married to Family Fortunes presenter Vernon Kay, says her motivation for writing the book came from her obsession with other women's pregnancy and birth stories when she was pregnant.

"I became fascinated with it," she admits.

"I started writing my diaries, and thought perhaps women would be interested in reading them because I was interested in other women's stories."

Her first child Phoebe, aged five, was born by caesarian section, and her second, nine-month-old Amber, was a natural birth.

"Reliving both births was my favourite part of writing the diaries, because they were both very different."

"The first time round I was quite content to be wheeled into surgery on my trolley and have my



Tess Daly with one of her daughters.

baby taken out, as it were, and then I did it so differently the second time.

"Reliving it was quite an emotional journey - you never forget the time your child comes into the world."

Amber was three-and-a-half months old when Tess returned to work on *Strictly*, but she and Vernon managed the childcare between them "really well", with occasional help from their parents.

She breastfed Amber for three-and-a-half months until she returned to work, and breastfed Phoebe for almost 14 months.

However, she admits that was sometimes tough because of her job - and tells another tale with a celebrity twist.

"There was one incident where I hadn't had time to express, and I went live on air."

"I'd done one breast, but the other was like a football - it was rock hard, leaking and terrifying. Thank God for black dresses."

"I couldn't go through that again - I couldn't face people seeing me lactate live on air, so I weaned Amber early."

Not surprisingly, the beautiful star has been voted a top 'Yummy Mummy' in the past. However, she insists that the way she looks has hardly been a priority since she had the kids, and swears that she's not a mum who gets dolled up for the school run.

"I haven't got time in the morning to spend time on myself. I don't dress up for school - no, no, no, no, no."

"I spend five minutes - a bit of blush, a bit of luminiser, and I'm off."

The thorny subject with all new mums, baby weight, hasn't made the lithe former model panic - although she says "it took a few weeks" to get back into her skinny jeans.

While mothers who are still trying to lose baby weight years after giving birth may raise their eyebrows at that, Tess confesses: "There were moments when I had a minor meltdown and thought I'd never fit into my skinny jeans again, and I'd never have a flat tummy, but I tried not to dwell on it too much."

"The last thing you should do is beat yourself up about any baby weight afterwards. It's going to go - after you've had a baby you can forget about sitting still."

"From the minute I get up in the morning, till the minute I put two children to bed at night, my feet just don't stop running."

"So the weight's going to come off."

Despite the many trials and tribulations of being a new mum - Tess's included Amber suffering from gastric reflux and Phoebe being a poor sleeper, even now - Tess enthuses about being a mum.

"I absolutely love motherhood, to the point where I sometimes feel a bit sorry for my single friends who haven't got babies yet."

"But then I think 'hang on, they're sleeping until 10.30am and going dancing all night, so they're lucky on that level."

"It's just so fulfilling, and without sounding corny, it enriches your life."

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Children learn by building up ideas, developing orientation skills and, in particular, by making mistakes and starting all over again.

The Accidental Vegetarian

Try out some of Simon Rimmer's recipes from his book, *The Accidental Vegetarian*, published by Mitchell Beazley

Passion fruit tart

(Serves 8-10)

For the pastry:

225g plain flour, plus extra for the dusting
75g unsalted butter, cubed
Pinch of salt
100g sifted icing sugar
50ml milk
2 egg yolks
1 egg, beaten, for egg wash
Icing sugar, to server

For the Filling

350g caster sugar
150ml water
Pulp and juice of 12 passion fruit
9 eggs
300ml double cream

To make the pastry, put the flour, butter, salt and icing sugar into a food processor and pulse until 'crumbly'. Add the milk and the egg yolks and pulse until it forms a dough. Turn it out onto a floured surface and knead for a few minutes, then cover and chill for at least 1 hour.

Turn the pastry out onto your floured surface and roll out 5cm/2 inches larger than a 28cm/11 inch tart case. Push the pastry into the base, leaving the excess hanging over the sides, and chill for at least 30 minutes.

Preheat the oven to 180C/Mark 4. Line the pastry case with

foil and rice or baking beans and bake in the oven for 20 minutes. Remove the rice or beans and oil, brush with the egg wash and cook for a further 10 minutes. Remove from the oven and trim off the excess pastry with a sharp knife. Leave to cool.

Whisk the eggs and sugar together, then add the cream. Using a slotted spoon, add all the passion fruit pulp to the cream mixture with a little of the juice, probably about 1 tablespoon. Reserve the remaining juice to use as extra sauce.

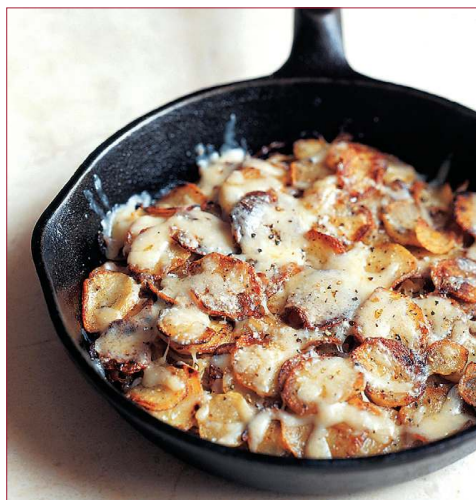
Pour this custard into the cooked and cooled tart case. In-



cidentally, a little tip is to fill the tart case while it's sitting on the over shelf, with the shelf pulled out - genius or what?

Reduce the oven to 170C/Mark 3 and bake the tart on the

middle shelf for about 40 minutes. It should still be a little wobbly, but it will carry on cooking and will set. To serve, dust the tart with icing sugar and a spoonful of extra sauce.



Pan Haggerty

(Serves 4)

50g/2oz butter
1 onion, finely sliced
200g/7oz waxy potatoes, peeled and finely sliced
75g/3oz mature Cheddar cheese
Salt and freshly ground black pepper

Preheat the oven to 180C/Gas mark 4. Heat half the butter in an oven proof pan and fry the onion until soft, then remove from the pan.

Put a layer of potato in the same pan and fry for a few minutes until golden.

Now layer up onion, potato, onion, seasoning each

layer and finishing with potato.

Melt the remaining butter and pour over the pan. Cook in the oven for about 40 minutes until soft.

Before serving, grate the cheese over the top and put under a hot grill until the cheese bubbles.

Red Thai bean curry

(Serves 4)

400ml tin of coconut milk
100ml stock
225g cooked fine beans
225g cooked broad beans
1 bunch of spring onions, finely chopped
2 tomatoes, chopped
Lime wedges and fresh coriander leaves, to serve
For the curry paste
10 black peppercorns
2tsp cumin seeds
2tsp coriander seeds
10 red chillies (deseeded if you like)
5 shallots
2 garlic cloves, crushed
Piece of fresh ginger
6 stalks of lemon grass
12 kaffir lime leaves
Pinch of ground cinnamon
A/4tsp turmeric
Splash of vegetable oil
Splash of chilli oil
1tbsp palm sugar
2tbsp vegetable oil for frying

To make the curry paste, dry-fry the peppercorns, cumin and coriander seeds until fragrant, then grind them in a mortar and pestle. Out them with all the other paste ingredients except the

oil into a blender and blitz until smooth - it takes 5-10 minutes. Warm the oil in a pan and add four good spoonfuls of paste (one per person). Cook on a low heat until it becomes



fragrant.

Crank up the heat and add the coconut milk and stock and bring to the boil. Boil for 3 minutes.

Add the finer and broad beans, onions and tomatoes

and simmer for about 4 minutes.

Divide the luscious curry between four bowls and garnish with lime wedges and coriander and serve with rice.



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The Algarve Dog Show



5th and 6th June 2010
Bigger and Better than last year!

We at Paws 4 Pets have been asked to organise this year's **Algarve Dog Show**. Our aim is to make it bigger and better than last year and have something going on all the time for you to all get involved with. We have been working with Laura and Clare Browne and Mel Woodman to come up with 2 fun packed days to keep you and your four footed friends entertained. We have classes for you to enter aimed at all ages and we will have fun events going on around the dog show area.

On the far right is a list of the main classes that we have for you to get involved with, and over the weeks between now and the dog show, we will give you full information on how to register, take part and general information on what is happening.

The **Algarve Dog Show** will run alongside the Algarve Fair at Fatacil in Lagoa on Saturday 5th and Sunday 6th June 2010, from 11.00 until 19.00. The **Algarve Dog Show** will run the same schedule on both days so giving you 2 chances to get involved and hopefully win. There will also be entertainment and refreshments available at the Algarve Fair, so lots to keep you there all day.

Running concurrently with the classes in the main ring, there will be an Agility ring for you to enter, training sessions with a specialist in dog training methods, The Chip Shop, Tombola, Face Painting, Pin the Tail on the Dog (not a real one!). We are trying to get the Portuguese Water Dog expert to the show to give an in depth talk about the national dog of Portugal.

We want groomers to get involved in the Best Groomed dog competition.

We will have vets available on the day to answer all your questions. We want to get more vets involved in The Chip Shop!

We want to try and get a Portuguese record for The **BIG SIT!** The event will be a Charity event but the monies will not be distributed to one organisation. We feel that you would like to have more knowledge of where your money goes, so there will be full information on the day of the dogs that will directly benefit from your entries and donations.

If you do not or can not have a dog but would like to help then there will be opportunities for you to donate or sponsor a dogs up-keep.

A very new idea this year is the **BIG HEART** award. This requires your direct participation. We want to acknowledge the work of all the people who care for dogs (and other animals) in the Algarve. We want you to nominate who you think has done so much for the animals, we will then need your help to vote for whom you think is the person with the **BIG HEART**. You can nominate from now by emailing juliep@paws4pets.net. In the next couple of weeks we will have full information for you on how to vote for the Algarve's **BIG HEART**.

Keep following over the next few weeks for more detailed information. In the meantime get your thinking caps on, get the children practicing and **PLEASE**

Algarve Dog Show Programme:

- ❖ Opening of Show
- ❖ Ringcraft Demonstration
- ❖ Ruffy Tufty Puppy - Mixed Breed (4-9 months)
- ❖ Little 'uns - Young handlers <8 years old
- ❖ Portuguese Breeds
- ❖ Best Pedigree Puppy (4-9 months)
- ❖ Dog and Owner Lookalike
- ❖ Waggiest Tail
- ❖ Best Male Pedigree
- ❖ The BIG SIT!
- ❖ The best Recall
- ❖ Demonstration of dog handling
- ❖ The story of the Portuguese Water Dog
- ❖ Best Portuguese Water Dog
- ❖ Junior Handlers - 8-16years
- ❖ Best Female - Mixed Breed
- ❖ Doggy with the Best Eyes
- ❖ Dog with the X-Factor - best tricks
- ❖ Best Groomed dog
- ❖ Best Male - Mixed Breed
- ❖ Best Female - Pedigree
- ❖ Best In Show

mark the **ALGARVE DOG SHOW** in your diaries, we will see you there.

Best Paws Forward!

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Hairy little caterpillars!



Pine Tree Caterpillar

Late winter and Spring is the time when the unpleasant and poisonous Pine Caterpillar emerges across the Algarve. These dangerous pests congregate anywhere that Pine trees are.

Processional Pine Caterpillars are the larval stage of a type of silk moth called *Thaumetopoea*. The name is derived from the long lines in which they march (up to several metres long) they walk nose to tail along trees and the ground.

Normally living in the tops of Pine trees the inch long

grubs reside in large communal nests with the appearance of white candy floss. Leaving the nests in the late afternoon the caterpillars devour the Pine tree needles under the cover of darkness.

The very fine protective hairs that cover the caterpillars cause a severe allergic reaction when they come into contact with the skin or mucosal membranes. Being very fine, these hairs can become airborne and afflict animals and people without necessarily handling the caterpillar.

The irritation caused can be very severe (as the author can

personally testify) often needing medical intervention. Dogs (and cats) commonly get these fine hairs on their tongue as they groom or lick irritated areas. This in turn causes severe reactions leading to tongue mutilation and possibly the need for amputation of part of the tongue.

Your animal will be rather frantically scratching/biting/licking itself if affected by these caterpillar hairs and if you see these signs, take it for immediate veterinary attention in order to halt the progression of the disease.

Rewarding Rescue Dogs

We have at this moment lots of dogs on The Algarve who desperately need people to care for them, give them a home and give them some love. Yes they always come with some history and rarely does anyone know what it is. With Merlin I knew his history but it is not normal to have that knowledge. We can all guess by the way they react, you lift a hand and they hide in a corner—even Merlin does that—I have NEVER hit him but someone has. Invariably they gulp food down fast as they are used to getting little and they need loads of love and cuddles. They will pay us all back with much unconditional love.

Julie arrived here with her beloved Bearded Collie Maisie and her 2 cats but sadly they have passed away to be replaced by another 3 dogs and 3 cats.

Her first addition was Jess, Jess is a GSD with gorgeous ears. She was 4 months old when she joined Julie and had been found and rescued around rubbish bins in Lagoa. They have had little trouble settling her except that IF she gets out she runs and runs and will go missing for ages. She has always wandered given half the chance, she likes to guard and bark as well. She has become a beautiful girl with some winning ways.

Next was Zorro, who actually arrived in my garden, he is the size of a Great Dane and very sloppy. I already had 4 dogs, one an entire

male and keeping Zorro would never have worked. Julie agreed to take him for the week till the Rescue had a place for him. He arrived covered in ticks and starving. We took him to the Vets to check for a chip—none was there. He ended up staying at Julie's as she decided that he would end up staying in a kennel because of his size. He gobbles his food fast, he gets jealous, he loves Julie so much—all he wants is to be with her, but he is hard work—his sheer size is impossible. However, on a walk he will stay with Julie and the boys quite happily.

The latest arrival is Figi—why because he was found under a fig tree near her land and then just arrived at her home about 8 months ago. He is a pointer lookalike so smaller than the other two. He is lovable and again all he wants is to be with Julie. His trick is to empty bins, rubbish and generally destroy anything that a

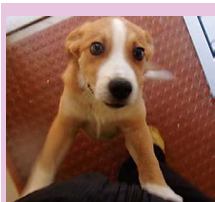
pup would do he was about 4 months old when he arrived—again no chip.

They are all hard work but come with winning ways and much reward. All have been neutered, chipped and have all their other treatments, good food and a Vets visit if they need it. Jess has been poisoned four times so far and survived.

Thereason for writing this is really to say if anyone can find a space in their hearts and homes for a furry companion there are so many that need homes—the closing of Goldra means nearly 100 need homes there as well as over 80 cats. We are losing some of our busiest ladies who spend their lives rehoming dogs, which will add to the problems. We thank all these people who work very hard behind the scenes to help the dogs.

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fun. He is good with other dogs and just a little curious about cats. If you would like to adopt Ferris please call 927 921 635.



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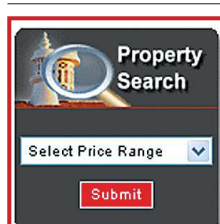
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Corps. (Av. dos Bombeiros Voluntá-
rios; Tel: 22 929 1077) Sun. 10am.
Thurs 4.00pm Ladies Home League
Meeting.

JEHOVAH'S WITNESSES - Public Talk
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Sunday 10.30am. Tel: 226 160 976. No
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railway station and Pingo Doce. NB
now Second Sunday monthly.
For details please phone 282 881 393.
JEHOVAH'S WITNESSES - Public Talk
in English. Rua Adelino Amaro da
Costa, next to CERPIC. 2520
Peniche, Obidos. Sunday 11am (1st & 2nd
Sunday of the month). No collection.

New rules to strengthen air accident investigations

New EU rules to strengthen the effectiveness of air accident investigations across Europe were presented, for the first time, by Siim Kallas, Vice-President responsible for transport, to EU transport ministers meeting in Brussels on Thursday (11 March).

Strong political support from ministers could pave the way for the adoption of the new rules this year – the European Parliament is scheduled to vote on the proposals in July.

Aviation is one of the safest modes of transport in the EU; however accidents do happen. The number of fatal accidents for 2008, for example, involving aircraft registered in EU/EFTA Member States and performing commercial air transport operations was three.

Annual figures are overshadowed by the sheer scale of tragic accidents such as the Air France accident (June 2009) or the Spanair accident (August 2008).

Drawing on the experience gained over 15 years since the main EU rules covering aviation investigations came into force, the European Commission brought forward in October 2009 proposals to update the current legal framework.

The main aim is to: strengthen the implementation of safety recommendations, build investigation capacity in Member States; clarify the roles of different institutions involved in investigations and strengthen the rights of victims and families. The Commission is also aiming at making better use of information on aviation occurrences, which is key to accident prevention.

EC looks into BA, AA and Iberia concerning transatlantic co-operation

The European Commission has invited comments from interested parties on commitments proposed by British Airways, American Airlines and Iberia to address concerns that their planned alliance may harm consumers on transatlantic routes.

In September 2009, the Commission sent a Statement of Objections to the three airlines expressing concerns that their extensive cooperation, which involves revenue-sharing and joint management of schedules, pricing and capacity, may be in breach

of EU antitrust rules.

The parties have notably offered to make landing and take off slots available at London Heathrow, London Gatwick and/or New York John F. Kennedy airports to facilitate the entry of competitors to New York, Boston, Dallas and Miami.

If the market test confirms that the proposed commitments remedy the competition concerns, the Commission may adopt a decision under Article 9 of Regulation 1/2003, making the commitments legally binding on the parties.

Agreement on hybrid cars welcomed

The European Commission has this week welcomed the adoption at the United Nations in Geneva of the first international regulation on safety for both fully electric and hybrid cars.

According to the EC, "This landmark decision will facilitate the early introduction of safe and clean electric cars onto our roads."

The technical regulation

adopted on Wednesday at the United Nations Economic Commission for Europe (UNECE) ensures that cars with a high voltage electric power train, such as hybrid and fully electric vehicles, are as safe as conventional cars.

Hybrid and electric cars are increasingly available on the market and are very promising in terms of making road transport clean and energy-efficient.



On the first anniversary of the 20 August Spanair plane accident at Madrid Airport, in which 154 people were killed, relatives of the crash victims attended the unveiling of a commemorative plaque that reads 'In some place ... always in our hearts' in Madrid-Barajas International Airport garden on 20 August 2009. (Photo: EPA/Manuel H. de Leon)

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Benfica increase lead

Olhanense were terribly unlucky in their fixture against FC Porto on Saturday after throwing away their 2-0 lead in the final ten minutes of the match. After scoring two early goals (13' and 16') at the Dragão Stadium, Olhanense did well to hold back the fury of the 'blues' during the remainder of the first half. FC Porto overcame their deficit in the second half as Falcão and Guarín managed to score two goals in the final ten minutes of the match.

Braga had a goalless draw against Vitória de Setúbal on Sat-

urday night, providing Benfica with the chance of running away with the lead of the Liga Sagres on Sunday, which they did without hesitation by beating Paços de Ferreira with a convincing 3-1 victory. Ruben Amorim scored the opener after only 13 minutes, which was quickly followed by a goal from Saviola. William reduced the difference just before halftime, but Cardozo sealed the game halfway through the second half with a fortunate goal, which deflected off a Paços de Ferreira player to beat the keeper.

Belenenses are likely to be relegated this year after a devastating 4-0 loss against Sporting on Sunday afternoon. Liedson was the man of the match as he scored all four goals for the 'Lions' (50', 60', 80' and 88'), the first time ever the Brazilian-Portuguese player has done such a feat for Sporting.

With only eight matches remaining to the end of the season, Benfica are leading with 55 points, followed by Braga (52 points), FC Porto (44) and Sporting (35).

Benfica have increased their lead in the Liga Sagres after beating Paços de Ferreira 3-1 on Sunday. They have taken the lead by three points as Braga only managed to draw against Vitória de Setúbal the previous day.

Portugal Open dates switched to June



The European Tour announced this week that the Estoril Open de Portugal will not be returning to the Penha Longa Hotel Spa & Golf Resort from April 1-4 as had been initially announced. Instead, golfers and spectators can look forward to a very good chance of sunshine and warm temperatures after organisers decided to slot the event in from June 10 to June 13.

The European Tour explained the event will now be taking place at the time previously occupied by the Austrian Golf Open.

The tournament, to be played at Penha Longa Hotel Spa & Golf Resort, Linho Sintra, Estoril, moves to a new summer date after the week became available following the change to September 16-19 for the Austrian Golf

Open on the 2010 European Tour International Schedule.

The opportunity to move the Estoril Open de Portugal from the Easter weekend to a new summer date, the week prior to the US Open Championship, will also ensure the course is presented to the highest of standards befitting of a European Tour competition, following a significant €2 million

refurbishment programme, the European tour said in a statement. The greens, tees and bunkers are already in outstanding condition, and the new dates will ensure the golf course presentation levels are further enhanced.

Duarte Nobre Guedes, President of Turismo Estoril: "Penha Longa has undergone an extensive refurbishment programme and the date change will ensure the course is played in excellent condition. The new June date will help promote this spectacular region just ahead of the summer holiday season and we are delighted to have been afforded the opportunity to play the Estoril Open de Portugal during this important week."

Keith Waters, Chief Operating Officer and Director of International Policy for The European Tour, said: "The opportunity to move the Estoril Open de Portugal to a new summer date has been welcomed by all parties and will showcase Penha Longa and the Estoril region in the height of the golfing summer. The Estoril Open de Portugal is part of the



Benfica's Oscar Cardozo (2-E) celebrates with his team mates after scoring against Paços de Ferreira during their First League soccer match at Luz Stadium in Lisbon on 7th March. (Photo: Lusa / Manuel de Almeida)

bedrock of The European Tour and we look forward to another successful tournament in June."

For the fourth successive year, the event will be supported by the Estoril Tourist Board (Turismo Estoril) when Northern Ireland's Michael Hoey defends the Estoril Open de Portugal title following his thrilling play-off victory over Spain's Gonzalo Fernandez-Castaño last season.

FC Porto out of Champions League

FC Porto suffered a heavy defeat in their second leg of the UEFA Champions League against Arsenal on Tuesday, losing 5-0 against the 'Gunners', with the aggregate ending 6-2.

Having won their first leg match at home by two goals to one, FC Porto travelled to London with a good chance of progressing into the quarter finals of the world's most watched club competition. FC Porto have not fared well against English teams in England, having lost to Arsenal 4-0 last year and 1-0 against Chelsea this year.

Arsenal were unmerciful from the start and by halftime were winning by 2-0, with both goals scored by Nicklas Bendtner. FC Porto began the second half with more conviction and were close to scoring but Nasri managed to clear the ball just off the line.

Minutes later, Arsenal increased their lead as Nasri man-

aged to get past three of Porto's players and smash the ball into the back of the net, beating Helton with practically no angle to shoot.

Eboué scored the fourth after a lightning fast counter attack and Bendtner made a hat-trick by converting a last minute penalty kick.

On arrival at Sá Carneiro airport from their London massacre in the early hours of Wednesday morning, the FC Porto players were greeted by angry fans, who could be heard saying "You are a shame" and "play football" amongst other insults. The team was escorted out of the airport by PSP officers, who maintained calm during the confrontations.

SUPERLEAGUE FIXTURES WEEK 23

MATCH	DATE	TIME	TV
Naval-U.Leiria	Friday	20h15	SportTV1
Braga-Rio Ave	Saturday	19h15	SportTV1
Académica-FC Porto	Saturday	21h15	RTP1
Olhanense-Belenenses	Sunday	15h00	
Leixões-V.Setúbal	Sunday	16h00	
Nacional-Benfica	Sunday	18h00	SportTV1
Sporting-V.Guimarães	Sunday	20h15	SportTV1
P.Ferreira-Marítimo	Monday	20h15	SportTV1

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Tax Returns:

Rental Income (per property): 100,00 €

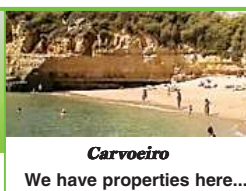
Capital Gains (per property): 250,00 €

IMI Bills Settlement (for Clients): FREE

taxangels
FINANCE & TAX EXPERTS
Vilamoura - Portugal

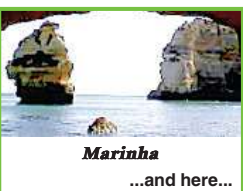
Tel: (+351) 289 380048
UK: 020 7193 0650
Rep. of Ireland: 01 443 4998
info@portugal-tax.com

www.portugal-tax.com



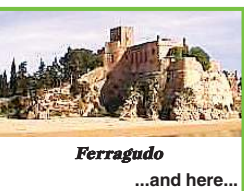
Carvoeiro

We have properties here...



Marinha

...and here...



Ferragudo

...and here...



Silves

...and here...

All properties on web site
Carvoeiro: 282 354 165
Silves: 282 441 237
Lagoa/Poço Partido:
282 352 100
AMI 6105
www.algarve-palm.com